

SHEW (JOEL)

FACTS IN HYDROPATHY,

OR

WATER-CURE

A COLLECTION OF CASES,
WITH DETAILS OF TREATMENT,

SHOWING THE

SAFEST AND MOST EFFECTUAL KNOWN
MEANS TO BE USED IN GOUT, RHEU-
MATISM, INDIGESTION, HYPO-
CHONDRIASIS, FEVERS,
CONSUMPTION,
&c. &c.

FROM SIR CHARLES SCUDAMORE, DRs.
WILSON, GULLY, BEAMISH, R. H.
GRAHAM, ED. JOHNSON,
AND OTHERS.

TO WHICH IS PREFIXED

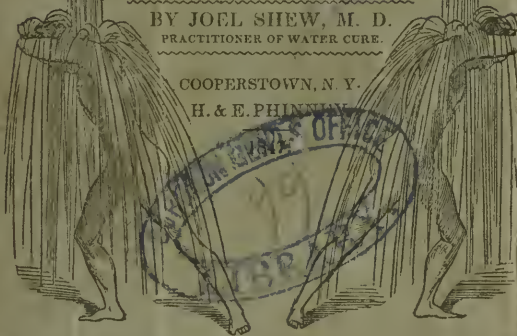
BULWER'S LETTER.

BY JOEL SHEW, M. D.
PRACTITIONER OF WATER CURE.

COOPERSTOWN, N. Y.

H. & E. PHINNEY

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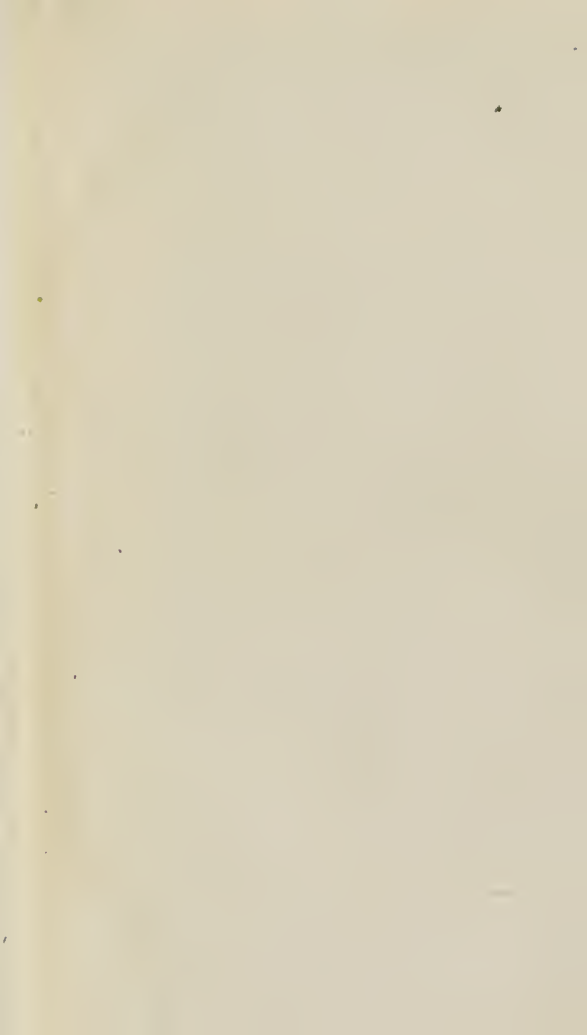
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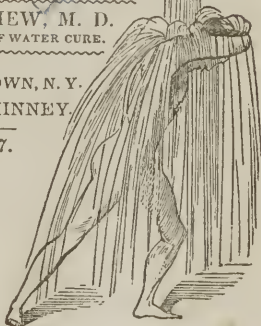
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BY JOEL SHEW, M. D.
PRACTITIONER OF WATER CURE.

COOPERSTOWN, N. Y.
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1847.



Entered according to Act of Congress, in the year 1846, by
JOEL SHEW, M. D.

In the Clerk's Office of the District Court of the Northern District
of New York.

BULWER'S LETTER ON WATER--CURE.

*From the New Monthly Magazine, (a leading English Periodical)
for September 1845.*

* * * * *

"I have been a workman in my day. I began to write and to toil, and to win some kind of a name, which I had the ambition to improve, while yet little more than a boy. With strong love for study in books—with yet greater desire to accomplish myself in the knowledge of men, for sixteen years I can conceive no life to have been more filled by occupation than mine. What time was not given to the action was given to study; what time not given to study, to action—labor in both! To a constitution naturally far from strong, I allowed no pause or respite. The wear and tear went on without intermission—the whirl of the wheel never ceased. Some times, indeed, thoroughly overpowered and exhausted, I sought for escape. The physicians said 'Travel,' and I travelled. I went to the country,' and I went. But in such attempts at repose, my ailments gathered round me—made themselves far more palpable and felt. I had no resource but to fly from myself—to fly into the other world of books, or thought, or reverie—to live in some state of being less painful than my own. As long as I was always at work, it seemed that I had no leisure to be ill.—Quiet was my hell.

"At length the frame thus long neglected—patched up for a while by drugs and doctors—put off and trifled with as an intrusive dun—like a dun who is in his rights—brought in its arrears—crushing and terrible, accumulated through long years. Worn out and wasted, the constitution seemed wholly inadequate to meet the demand. The exhaustion of toil and study had been completed by great anxiety and grief. I had watched with alternate hope and fear the lingering and mournful death-bed of my nearest relation and dearest friend—of the person around whom was entwined the strongest affection my life had known—and when all was over, I seemed scarcely to live myself.

"At this time, about the January of 1844, I was thoroughly shattered. The least attempt at exercise exhausted me. The nerves gave way at the most ordinary excitement—a chronic irritation of that vast surface we call the mucous membrane, which had defied for years all medical skill, rendered me continually liable to acute attacks, which from their repetition and increased feebleness of my frame, might at any time be fatal. Though free from any organic disease of the heart, its action was morbidly restless and painful.

My sleep was without refreshment. At morning I rose more weary than I laid down to rest.

"Without fatiguing you and your readers further with the *longa cohors* of my complaints, I pass on to record my struggle to resist them. I have always had a great belief in the power of the WILL. What a man determines to do—that in ninety-nine cases out of the hundred I hold that he succeeds in doing. I determined to have some insight into a knowledge I had never attained since manhood—the knowledge of health.

"I resolutely put away books and study, sought the airs which the physicians esteemed the most healthful, and adopted the strict regimen on which all the children of Æsculapius so wisely insist. In short, I maintained the same general habits as to hours, diet, (with the exception of wine, which in moderate quantities seemed to me indispensable,) and, so far as my strength would allow, of exercise, as I found afterwards instituted at hydropathic establishments. I dwell on this to forestal in some manner the common remark of persons not well acquainted with the medical agencies of water—that it is to the regular life which water patients lead, and not to the element itself, that they owe their recovery.* Nevertheless I found that these changes, however salutary in theory, produced little, if any, practical amelioration in my health. All invalids know, perhaps, how difficult, under ordinary circumstances, is the alteration of habits from bad to good. The early rising, the walk before breakfast, so delicious in the feelings of freshness and vigor which they bestow upon the strong, often become punishments to the valetudinarian. Headache, languor, a sense of weariness over the eyes, a sinking of the whole system towards noon, which seemed imperiously to demand the dangerous aid of stimulants, was all that I obtained by the morning breeze and the languid stroll by the sea-shore. The suspension from study only afflicted with intolerable *ennui*, and added to the profound dejection of the spirits. The brain, so long accustomed to morbid activity, was but withdrawn from its usual occupations to invent horrors and chimeras. Over the pillow, vainly sought two hours before midnight, hovered no golden sleep. The absence of excitement, however unhealthy, only aggravated the symptoms of ill-health.

"It was at this time that I met by chance, in the library at St. Leonard's, with Captain Claridge's work on the "Water-Cure," as practised by Priessnitz at Graefenberg. Making allowance for certain exaggerations therein, which appeared evident to my common sense, enough still remained not only to captivate the imagination and flatter the hopes of an invalid, but to appeal with favor to his sober judgment. Till then, perfectly ignorant of the subject and the system, except by some such vague stories and good jests as had reached my ears in Germauy, I resolved at least to read

*As well might we undertake to *invigorate* the faithful horse all jaded and worn, by *beating* him, as to really strengthen and invigorate the system by poisonous stimulants.--[Ed.]

what more could be said in favor of the *ariston udor*, and examine dispassionately into its merits as a medicament. I was then under the advice of one of the first physicians of our age. I had consulted half the faculty. I had every reason to be grateful for the attention, and to be confident in the skill, of those whose prescriptions had, from time to time, flattered my hopes and enriched the chemist. But the truth must be spoken—far from being better, I was sinking fast.

* * * * *

"I resolved then to betake myself to Malvern. On my way through town I paused, in the innocence of my heart, to inquire of the faculty if they thought the water-cure would suit my case. With one exception, they were unanimous in the vehemence of their denunciations. Granting even that in some cases, especially of rheumatism, hydropathy had produced a cure—to my complaints it was worse than inapplicable—it was highly dangerous—it would probably be fatal. I had not stamina for the treatment—it would fix chronic ailments into organic disease—surely it would be much better to try what I had not yet tried. What had I not yet tried? A course of prussic acid! Nothing was better for gastric irritation, which was no doubt the main cause of my suffering! If, however, I were obstinately bent upon so mad an experiment, Dr. Wilson was the last person I should go to. I was not deterred by all these intimidations, nor seduced by the salubrious allurements of the prussic acid under its scientific appellation of hydrocyanic. A little reflection taught me that the members of a learned profession are naturally the very persons least disposed to favor innovation upon the practices which custom and prescription have rendered sacred in their eyes. A lawyer is not the person to consult upon bold reforms in jurisprudence. A physician can scarcely be expected to own that a Silesian peasant will cure with water the diseases which resist an armament of phials. And with regard to the peculiar objections to Doctor Wilson, I had read in his own pamphlet attacks upon the orthodox practice sufficient to account for—perhaps to justify—the disposition to depreciate him in return.

"Still my friends were anxious and fearful; to please them I continued to inquire, though not of physicians, but of patients. I sought out some of those who had gone through the process. I sifted some of the cases of cure cited by Dr. Wilson. I found the account of the patients so encouraging, the cases quoted so authentic, that I grew impatient of delay. I threw physic to the dogs, and went to Malvern.

"It is not my intention, Mr. Editor, to detail the course I underwent. The different resources of water as a medicament are to be found in many works easily to be obtained, and well worth the study. In this letter I suppose myself to be addressing those as thoroughly acquainted with the system as myself was at the first, and I deal therefore only in generals.

"The first point which impressed and struck me was the extreme and utter innocence of the Water-Cure in skilful hands—in any hands indeed not thoroughly new to the system.* Certainly when I went, I believed it to be a kill or cure system. I fancied it must be a very violent remedy—that it doubtless might effect great and magical cures—but that if it failed it might be fatal. Now, I speak not alone of my own case, but of the immense number of cases I have seen—patients of all ages—all species and genera of disease—all kinds and conditions of constitution, when I declare, upon my honor, that I never witnessed one dangerous symptom produced by the Water-Cure, whether at Doctor Wilson's or the other Hydropathic Institutions which I afterwards visited. And though unquestionably fatal consequences might occur from gross mismanagement, and as unquestionably have so occurred at various establishments, I am yet convinced that water in itself is so friendly to the human body, that it requires a very extraordinary degree of bungling, of ignorance, and presumption, to produce results really dangerous; that a regular practitioner does more frequent mischief from the misapplication of even the simplest drugs, than a water doctor of very moderate experience does, or can do, by the misapplication of his baths and friction. And here I must observe, that those portions of the treatment which appear to the uninitiated as the most perilous, are really the safest, (such as the wet-sheet packing,) and can be applied with the most impunity to the weakest constitutions; whereas those which appear, from our greater familiarity with them, the least startling and most innocuous, (the plunge-bath—the douche,) are those which require the greatest knowledge of general pathology and the individual constitution. I shall revert to this part of my subject before I conclude.

"The next thing which struck me was the extraordinary ease with which, under this system, good habits are acquired and bad habits relinquished. The difficulty with which, under orthodox medical treatment, stimulants are abandoned, is here not witnessed! Patients accustomed for half a century to live hard and high, wine drinkers, spirit-bibbers, whom the regular physician has sought in vain to reduce to a daily pint of sherry, here voluntarily resign all strong potations, after a day or two cease to feel the want of them, and reconcile themselves to water as if they had drank nothing else all their lives. Others, who have had recourse for years and years to medicine—their potion in the morning, their cordial at noon, their pill before dinner, their narcotic at bed-time, cease to require these aids to life, as if by a charm. Nor this

* Let a person, for instance, who has suffered all the horrors of indigestion, and has tried, to his satisfaction, the various modes of drugging, not omitting either the round of pill and nostrum-mongers—let such a one set about washing thoroughly the whole surface, at first once daily, and afterwards twice, observing that it be done when the stomach is empty, the body warm and not fatigued, with water of such temperature as can be borne, so that by exercising after the bath, a glow of warmth is experienced, and he will soon be convinced of the safe and friendly action of water.—[ED. JOUR.]

alone. Men to whom mental labor has been a necessary—who have existed on the excitement of the passions and the stir of the intellect—who have felt these withdrawn, the prostration of the whole system—the lock to the wheel of the entire machine—return at once to the careless spirits of the boy in his first holiday.

“Here lies a great secret; water thus skilfully administered is in itself a wonderful excitement; it supplies the place of all others—it operates powerfully and rapidly upon the nerves, sometimes to calm them, sometimes to irritate, but always to occupy. Hence follows a consequence which all patients have remarked—the complete repose of the passions during the early stages of the cure; they seem laid asleep as if by enchantment. The intellect shares the same rest; after a short time, mental exertion becomes impossible; even the memory grows far less tenacious of its painful impressions, cares and griefs are forgotten; the sense of the present absorbs the past and future; there is a certain freshness and youth which pervade the spirits, and live upon the enjoyment of the actual hour. Thus the great agents of our mortal wear and tear—the passions and the mind—calmed into strange rest—Nature seems to leave the body to its instinctive tendency, which is always towards recovery. All that interests and amuses is of a healthful character; exercise, instead of being an unwilling drudgery, becomes the inevitable impulse of the frame braced and invigorated by the element. A series of reactions is always going on—the willing exercise produces refreshing rest, and refreshing rest willing exercise. The extraordinary effect which water taken early in the morning produces on the appetite is well known amongst those who have tried it, even before the Water-Cure was thought of; an appetite it should be the care of the skilful doctor to check into moderate gratification; the powers of nutrition become singularly strengthened, the blood grows rich and pure—the constitution is not only amended—it undergoes a change.

“The safety of the system, then, struck me first; its power of replacing by healthful stimulants the morbid ones it withdrew, whether physical or moral, surprised me next; that which thirdly impressed me was no less contrary to all my preconceived notions. I had fancied that, whether good or bad, the system must be one of great hardship, extremely repugnant and disagreeable. I wondered at myself to find how soon it became so associated with pleasurable and grateful feelings as to dwell upon the mind amongst the happiest passages of existence. For my own part, despite all my ailments, or whatever may have been my cares, I have ever found exquisite pleasure in that sense of *being* which is, as it were, the conscience, the mirror of the soul. I have known hours of as much and as vivid happiness as perhaps can fall to the lot of man; but amongst all my most brilliant recollections I can recall no periods of enjoyment at once more hilarious and serene than the hours spent on the lonely hills of Malvern—none in which nature was so thoroughly possessed and appreciated. The rise

from a sleep as sound as childhood's—the impatient rush into the open air, while the sun was fresh, and the birds first sang—the sense of an unwonted strength in every limb and nerve, which made so light of the steep ascent to the holy spring—the delicious sparkle of that morning draught—the green terrace on the brow of the mountain, with the rich landscape wide and far below—the breeze that once would have been so keen and biting, now but exhilarating the blood, and lifting the spirits into religious joy; and this keen sentiment of present pleasure rounded by a hope sanctioned by all I felt in myself, and nearly all that I witnessed in others—that that very present was but the step, the threshold, into an unknown and delightful region of health and vigor:—a disease and a care dropping from the frame and the heart at every stride.

“But here I must pause to own that if on the one hand the danger and discomforts of the cure are greatly exaggerated (exaggerated is too weak a word)—so on the other hand, as far as my own experience, which is perhaps not inconsiderable, extends, the enthusiastic advocates of the system have greatly misrepresented the duration of the curative process. I have read and heard of chronic diseases of long standing cured permanently in a very few weeks. I candidly confess that I have seen none such. I have, it is true, witnessed many chronic diseases perfectly cured—diseases which had been pronounced incurable by the first physicians, but the cure has been long and fluctuating. Persons so afflicted, who try this system, must arm themselves with patience. The first effects of the system are indeed usually bracing, and inspire such feelings of general well-being, that some think they have only to return home, and carry out the cure partially, to recover. A great mistake—the alterative effects begin long after the bracing—a disturbance in the constitution takes place, prolonged more or less, and not till that ceases does the cure really begin. Not that the peculiar “crisis” sought for so vehemently by the German water-doctors, and usually under their hands manifested by boils and eruptions, is at all a necessary part of the cure—it is, indeed, as far as I have seen, a rare occurrence, but a critical action, not single, not confined to one period, or one series of phenomena, is at work, often undetected by the patient himself, during a considerable (and that the latter) portion of the cure in most patients where the malady has been grave, and where the recovery becomes permanent. During this time the patient should be under the eye of his water-doctor.

“To conclude my own case: I staid some nine or ten weeks at Malvern, and business, from which I could not escape, obliging me then to be in the neighborhood of town, I continued the system seven weeks longer under Dr. Weiss, at Petersham. During this latter period the agreeable phenomena which had characterized the former, the cheerfulness, the *bien aise*, the consciousness of returning health vanished; and were succeeded by great irritation of the nerves, extreme fretfulness, and the usual characteristics of

the constitutional disturbance to which I have referred. I had every reason, however, to be satisfied with the care and skill of Doctor Weiss, who fully deserves the reputation he has acquired, and the attachment entertained for him by his patients; nor did my judgment ever despond or doubt of the ultimate benefits of the process. I emerged at last from these operations in no very portly condition. I was blanched and emaciated—washed out like a thrifty house-wife's gown—but neither the bleaching nor the loss of weight had in the least impaired my strength; on the contrary, all the muscles had grown as hard as iron, and I was become capable of great exercise without fatigue; my cure was not effected, but I was compelled to go into Germany. On my return homewards, I was seized with a severe cold which rapidly passed into high fever. Fortunately I was within reach of Doctor Schmidt's magnificent hydropathic establishment at Boppard: thither I caused myself to be conveyed; and now I had occasion to experience the wonderful effect of the Water-Cure in acute cases; slow in chronic disease, its beneficial operation in acute is immediate. In twenty-four hours all fever had subsided, and on the third day I resumed my journey, relieved from every symptom that had before prognosticated a tedious and perhaps alarming illness.

“And now came gradually, yet perceptibly, the good effects of the system I had undergone; flesh and weight returned; the sense of health became conscious and steady; I had every reason to bless the hour when I first sought the springs of Malvern. And here, I must observe, that it often happens that the patient makes but slight apparent improvement, when under the cure, compared with that which occurs subsequently. A water-doctor of repute at Brussels, indeed, said frankly to a grumbling patient, ‘I do not expect you to be well while here—it is only on leaving me that you will know if I have cured you.’

“It is as the frame recovers from the agitation it undergoes, that it gathers round it power utterly unknown to it before—as the plant watered by the rains of one season, betrays in the next the effect of the grateful dews.

“I had always suffered so severely in winter, that the severity of our last one gave me apprehensions, and I resolved to seek shelter from my fears at my beloved Malvern. I here passed the most inclement period of the winter, not only perfectly free from the colds, rheums and catarrhs, which had hitherto visited me with the snows, but in the enjoyment of excellent health; and I am persuaded that for those who are delicate, and who suffer much during the winter, there is no place where the cold is so little felt as at a Water-Cure establishment. I am persuaded also, and in this I am borne out by the experience of most water-doctors, that the cure is most rapid and effectual during the cold season—from autumn through the winter. I am thoroughly convinced that consumption in its earlier stages can be more easily cured, and the predisposition more permanently eradicated by a winter spent at Malvern,

under the care of Doctor Wilson, than by the timorous flight to Pisa or Madeira. It is by hardening rather than defending the tissues that we best secure them from disease.

"And now, to sum up, and to dismiss my egotistical revelations, I desire in no way to overcolor my own case; I do not say that when I first went to the Water-Cure I was affected with any disease immediately menacing to life—I say only that I was in that prolonged and chronic state of ill health, which made life at the best extremely precarious—I do not say that I had any malady which the faculty could pronounce incurable—I say only that the most eminent men of the faculty had failed to cure me. I do not even now affect to boast of a perfect and complete deliverance from all my ailments—I cannot declare that a constitution naturally delicate has been rendered Herculean, or that the wear and tear of a whole manhood have been thoroughly repaired. What might have been the case had I not taken the cure at intervals, had I remained at it steadily for six or eight months without interruption, I cannot do more than conjecture, but so strong is my belief that the result would have been completely successful, that I promise myself, whenever I can spare the leisure, a long renewal of the system. These admissions made, what have I gained meanwhile to justify my eulogies and my gratitude?—an immense accumulation of the *capital of health*. Formerly it was my favorite and querulous question to those who saw much of me, 'Did you ever know me twelve hours without pain or illness?' Now, instead of these being my constant companions, they are but my occasional visitors. I compare my old state and my present to the poverty of a man who has a shilling in his pocket, and whose poverty is, therefore, a struggle for life, with the occasional distresses of a man of £5,000 a year, who sees but an appendage endangered or a luxury abridged. All the good that I have gained, is wholly unlike what I ever derived either from medicine or the German mineral baths; in the first place, it does not relieve a single malady alone, it pervades the whole frame; in the second place, far from subsiding, it seems to increase by time, so that I may reasonably hope that the latter part of my life, instead of being more infirm than the former, will become—so far as freedom from suffering, and the calm enjoyment of external life are concerned—my real, my younger, youth. And it is this profound conviction which has induced me to volunteer these details, in the hope (I trust a pure and kindly one) to induce those, who more or less have suffered as I have done, to fly to the same rich and bountiful resources. We ransack the ends of the earth for drugs and minerals—we extract our poisons from the deadliest poisons—but around us and about us, Nature, the great mother, proffers the Hygeian fount, unsealed and accessible to all. Wherever the stream glides pure, wherever the spring sparkles fresh, there, for the vast proportion of the maladies which art produces, Nature yields the benignant healing.

* * * * *

"Those cases in which the Water-Cure seems an absolute pana-

cea, and in which the patient may commence with the most sanguine hopes, are—First, rheumatism, however prolonged, however complicated. In this the cure is usually rapid—nearly always permanent. Secondly, gout. Here its efficacy is little less startling to appearance than in the former case; it seems to take up the disease by the roots; It extracts the peculiar acid, which often appears in discolorations upon the sheets used in the application, or is ejected in other modes. But here, judging always from cases subjected to my personal knowledge, I have not seen instances to justify the assertion of some water-doctors, that returns of the disease do not occur. The predisposition—the tendency, has appeared to me to remain. The patient is liable to relapses—but I have invariably found them *far* less frequent, less lengthened; and readily susceptible of simple and speedy cure, especially if the habits remain temperate.

“Thirdly, that wide and grisly family of affliction classed under the common name of *dyspepsia*. All derangements of the digestive organs, imperfect powers of nutrition—the *malaise* of an injured stomach, appear precisely the complaints on which the system takes firmest hold, and in which it effects those cures that convert existence from a burden into a blessing. Hence it follows that many nameless and countless complaints proceeding from derangement of the stomach, cease as that great machine is restored to order. I have seen disorders of the heart which have been pronounced organic by the learned authorities of the profession, disappear in an incredibly short time—cases of incipient consumption, in which the seat is the nutritious powers, hæmorrhages, and various congestions, shortness of breath, habitual fainting fits, many of what are called, improperly, nervous complaints, but which, in reality, are indications from the main ganglionic spring; the disorders produced by the abuse of powerful medicines, *especially mercury* and iodine, the loss of appetite, the dulled sense, and the shaking hand of intemperance, skin complaints, and the dire scourge of scrofula—all these seem to obtain from hydropathy relief—nay, absolute and unqualified cure, beyond not only the means of the most skilful drug doctor, but the hopes of the most sanguine patients.

“The cure may be divided into two branches—the process for acute complaints—& that for chronic; I have just referred to the last. And great as are there its benefits, they seem common-place beside the effect the system produces in acute complaints. Fever, including the scarlet and the typhus, influenza, measles, small-pox, the sudden and rapid disorders of children, are cured with a simplicity and precision which must, I am persuaded, sooner or later, render the resources of the hydropathist the ordinary treatment for such acute complaints in the hospitals. The principal remedy here employed by the water-doctor is, the wet-sheet packing, which excites such terror amongst the uninitiated, and which, of all the curatives adopted by hydropathy, is unquestionably the safest—the one that can be applied without danger to the greatest variety of cases, and which I do not hesitate to aver, can rarely, if

ever, be misapplied in any cases where the pulse is hard and high, and the skin dry and burning. I have found in conversation so much misapprehension of this very easy and very luxurious remedy, that I may be pardoned for re-explaining what has been explained so often. It is not, as people persist in supposing, that patients are put into wet sheets and there left to shiver. The sheets, after being saturated, are well wrung out—the patient quickly wrapped in them—several blankets tightly bandaged round, and a feather-bed placed at top; thus, especially where there is the least fever, the first momentary chill is promptly succeeded by a gradual and vivifying warmth, perfectly free from the irritation of *dry* heat—a delicious sense of ease is usually followed by a sleep more agreeable than anodynes ever produced. It seems a positive cruelty to be relieved from this magic girdle in which pain is lulled, and fever cooled, and watchfulness lapped in slumber. The bath which succeeds refreshes and braces the skin, which the operation relaxed and softened; they only who have tried this after fatigue or in fever, can form the least notion of its pleasurable sensations, or of its extraordinary efficacy; nor is there any thing startling or novel in its theory. In hospitals, now, water-dressings are found the best poultice to an inflamed member; this expansion of the wet dressing is a poultice to the whole inflamed surface of the body. It does not differ greatly, except in its cleanliness and simplicity, from the old remedy of the ancients—the wrapping the body in the skins of animals newly slain, or placing it on dung-hills, or immersing it, as now in Germany, in the soft-slough of mud baths. Its theory is that of warmth and moisture, those friendliest agents to inflammatory disorders. In fact, I think it the duty of every man, on whom the lives of others depends, to make himself acquainted with at least this part of the Water cure:—the wet sheet is the true life preserver. In the large majority of sudden inflammatory complaints, the doctor at a distance, prompt measures indispensable, it will at least arrest the disease, check the fever, till, if you prefer the drugs, the drugs can come—the remedy is at hand, wherever you can find a bed and a jug of water; and whatever else you may apprehend after a short visit to a hydropathic establishment, your fear of that bugbear—the wet sheet—is the first you banish. The only cases, I believe, where it can be positively mischievous is where the pulse scarcely beats—where the vital sense is extremely low—where the inanition of the frame forbids the necessary reaction, in cholera, and certain disorders of the chest and bronchia; otherwise at all ages, from the infant to the octogenarian, it is equally applicable, and in most acute cases, equally innocent.

“Hydropathy being thus rapidly beneficial in acute disorders, it follows naturally that it will be quick as a cure in chronic complaints in proportion as acute symptoms are mixed with them, and slowest where such complaints are dull and lethargic—it will be slowest also where the nervous exhaustion is the greatest. With children, its effects, really and genuinely, can scarcely be exag-

gerated ; in them, the nervous system, not weakened by toil, grief, anxiety, and intemperance, lends itself to the gracious element as a young plant to the rains.—When I see how some tender mother, coddling, and physicking, and preserving from every breath of air, and swaddling in flannels, her pallid little ones, I long to pounce upon the callow brood, and bear them to the hills of Malvern, and the diamond fountain of St. Anne's—with what rosy faces and robust limbs I will promise they shall return—alas ! I promise and preach in vain—the family apothecary is against me, and the progeny are doomed to rhubarb and the rickets.

“ The Water-Cure as yet has had this evident injustice—the patients resorting to it have mostly been desperate cases. So strong a notion prevails that it is a desperate remedy, that they only who have found all else fail have dragged themselves to the Bethesda Pools. That all thus not only abandoned by hope and the College, but weakened and poisoned by the violent medicines absorbed into their system for a score or so of years—that all should not recover, is not surprising ! The wonder is, that the number of recoveries should be so great ;—that every now and then we should be surprised by the man whose untimely grave we predicted when we last saw him, meeting us in the streets ruddy and stalwart, fresh from the springs of Graefenberg, Boppard, Petersham, or Malvern.

“ The remedy is *not* desperate ; it is simpler, I do not say than any *dose*, but than any *course* of medicine—it is infinitely more agreeable—it admits no remedies for the complaint which are inimical to the constitution. It bequeathes none of the maladies consequent on blue pill and mercury—on purgatives and drastics—on iodine and aconite—on leeches and the lancet. If it cures your complaint, it will assuredly strengthen your whole frame ; if it fails to cure your complaint, it can scarcely fail to improve your general system. As it acts, or ought, scientifically treated, to act, first on the system, lastly on the complaint, placing nature herself in the way to throw off the disease. so it constantly happens that the patients at a hydropathic establishment will tell you that the disorder for which they came is not removed, but that in all other respects their health is better than they ever remember it to have been. Thus, I would not only recommend it to those who are sufferers from some grave disease, but to those who require merely the fillip, the alterative, or the bracing which they now often seek in vain in country air or a watering-place. For such, three weeks at Malvern will do more than three months at Brighton or Boulogne ; for at the Water-Cure the whole life is one remedy ; the hours, the habits, the discipline—not incompatible with gaiety and cheerfulness (the spirits of hydropathists are astounding, and in high spirits all things are amusement) tend perforce to train the body to the highest state of health of which it is capable. Compare this life, O merchant, O trader, O man of business, escaping to the sea-shore, with that which you there lead—with your shrimps and your shell-fish, and your wine and your brown stout—with all

which counteracts in the evening, the good of your morning dip and your noon-day stroll. What, I own, I should envy most is the robust, healthy man, only a little knocked down by his city cares or his town pleasures, after his second week at Dr. Wilson's establishment—yea, how I should envy the exquisite pleasure which he would derive from the robustness made clear and sensible to him. The pure taste, the iron muscles, the exuberant spirits, the overflowing sense of life. If even to the weak and languid the Water-Cure gives hours of physical happiness which the pleasures of the grosser senses can never bestow, what would it give to the strong man, from whose eye it has but to lift the light film—in whose mechanism, attuned to joy, it but brushes away the grain of dust, or oils the solid wheel.

“I must bring my letter to a close. I meant to address it through you, Mr. Editor, chiefly to our brethren—the over-jaded sons of toil and letters—behind whom I see the warning shades of departed martyrs. But it is applicable to all who ail—to all who would not only cure a complaint, but strengthen a system and prolong a life. To such, who will so far attach value to my authority that they will acknowledge, at least, I am no interested witness,—for I have no institution to establish—no profession to build up—I have no eye to fees, my calling is but that of an observer—as an observer only do I speak, it may be with enthusiasm—but enthusiasm built on experience and prompted by sympathy;—to such then as may listen to me, I give this recommendation: pause if you please—inquire if you will—but do not consult your doctor. I have no doubt he is a most honest, excellent man—but you cannot expect a doctor of drugs to say other than that doctors of water are but quacks. Do not consult your doctor whether you shall try hydropathy, but find out some intelligent persons in whose shrewdness you can confide—who have been patients themselves at a hydropathic establishment. Better still, go for a few days—the cost is not much—into some such institution yourself, look round, talk to the patients, examine with your own eyes, hear with your own ears, before you adventure the experiment. Become a witness before you are a patient; If the evidence does not satisfy you, turn and flee. But if you venture, venture with a good heart and a stout faith. Hope, but not with presumption. Do not fancy that the disorder which has afflicted you for ten years ought to be cured in ten days. Beware, above all, lest, alarmed by some phenomena which the searching element produces, you have recourse immediately to drugs to disperse them. The water-boils, for instance, which are sometimes, as I have before said, but by no means frequently, a critical symptom of the cure, are, in all cases I have seen, cured easily by water, but may become extremely dangerous in the hands of your apothecary. Most of the few solitary instances that have terminated fatally, to the prejudice of the Water-Cure, have been those in which the patient has gone from water to drugs. It is the axiom of the system that water only cures what water produces. Do not leave a hydropathic es-

tabliment in the time of any "crisis," however much you may be panic-stricken. Hold the doctor responsible for getting you out of what he gets you into; and if your doctor be discreetly chosen, take my word, he will do it.

Do not *begin* to carry on the system at home, and under any eye but that of an experienced hydropathist.* After you know the system, and the doctor knows you, the curative process may *probably* be continued at your own house with ease—but the commencement must be watched, and if a critical action ensues when you are at home, return to the only care that can conduct it safely to a happy issue. When at the institution, do not let the example of other patients tempt you to overdo—to drink more water, or take more baths than are prescribed to you. Above all, never let the eulogies which many will pass upon the *douche* (the popular bath,) tempt you to take it on the sly, unknown to your adviser. The *douche* is dangerous when the body is unprepared—when the heart is affected—when apoplexy may be feared.

* * * * *

"Here, then, O brothers, O afflicted ones, I bid you farewell. I wish you one of the most blessed friendships man ever made—the familiar intimacy with Water. Not Undine in her virgin existence more sportive and bewitching, not Undine in her wedded state more tender and faithful, than the Element of which she is the type. In health, may you find it the joyous playmate, in sickness the genial restorer and soft assuager. Round the healing spring still literally dwell the jocund nymphs in whom the Greek poetry personified Mirth and Ease. No drink, whether compounded of the gums and rosin of the old Falernian, or the alcohol and acid of modern wine, gives the animal spirits which rejoice the water-drinker. Let him who has to go through severe bodily fatigue try first whatever—wine, spirits, porter, beer—he may conceive most generous and supporting; let him then go through the same toil with no draughts but from the chrystal lymph, and if he does not acknowledge that there is no beverage which man concocts so strengthening and animating as that which God pours forth to all the children of Nature, I throw up my belief. Finally, as health depends upon healthful habits, let those who desire easily and luxuriously to glide into the courses most agreeable to the human frame, to enjoy the morning breeze, to grow epicures in the simple regimen, to become cased in armor against the vicissitudes of our changeable skies—to feel and to shake off, light sleep as a blessed dew, let them, while the organs are yet sound, and the nerves yet unshattered, devote an autumn to the Water-Cure.

* Every person should daily, on rising, wash the whole body with water of a temperature tepid, cool or cold, as may be comfortably borne. Physically speaking, there is much more need of this practice than the washing of the hands and face. This daily ablution, persevered in, will suffice, in a great number of instances, to effect cures,—sometimes most remarkably, when all other means have failed. The practice, too, will aid much the practitioner in future and more powerful modes, and judiciously practised, is always perfectly safe.—[ED.]

"And you, O parents! who, too indolent, too much slaves to custom, to endure change for yourselves, to renounce for a while your artificial natures, but who still covet for your children hardy constitutions, pure tastes, and abstemious habits—who wish to see them grow up with a manly disdain to luxury—with a vigorous indifference to climate—with a full sense of the value of health, not alone for itself, but for the powers it elicits, and the virtues with which it is intimately connected—the serene unfretful temper—the pleasures in innocent delight—the well being that, content with self, expands in benevolence to others—you I adjure not to scorn the facile process of which I solicit the experiment. Dip your young heroes in the spring, and hold them not back by the heel. May my exhortations find believing listeners, and may some, now unknown to me, write me word from the green hills of Malvern, or the groves of Petersham, "We have harkened to you—not in vain." Adieu, Mr. Editor, the ghost returns to silence.

E. BULWER LYTTON."

Our limited space causes the omission of Bulwer's introductory remarks on the injurious effect of excessive literary labor, sustained only by the aid of temporary and destructive stimulants—some of his reflections and opinions as to the extent to which Hydropathy is applicable—remarks upon the English establishments, for its practice, &c.

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FACTS IN HYDROPATHY.

Remarks on Crisis, by Sir Charles Scudamore.

THE very important matter of *crisis* is always sought for with much solicitude both by Priessnitz and the patient. He believes that it could not be produced in a healthy man; and that its occurrence is a sure proof that nature is successfully exerting herself to throw off the disease, by the exit of bad humor from the mass of blood. It is a sort of wholesale theory, and equally serves for all persons, and for every known disorder; and assuredly is the most convenient for one ignorant of medical science. I conceive that Priessnitz must have been gradually led to this idea of morbid blood, by the observations which his experience enabled him to make; for, as before explained, he entered into the water-cure practice by accident, and not from tuition. His principles have arisen out of his practice in it as an empiric art, and were not as a precursor first implanted in his mind. He has, in innumerable instances, so that the contrary forms the exception to the rule, witnessed the formation of crisis in the progress of the water-cure, amongst which boils take the lead in pre-eminence and importance of character. But

the term also applies to any very marked disturbance of the system, or cutaneous change, as the crisis fever; odorous perspiration; odorous urine; vomitings; diarrhœa; hæmorrhoidal discharge of blood; and various kinds of eruption on the skin. It was a fact of ordinary occurrence, presenting itself to the mind of Priessnitz, that the great crisis of boils, in proportion to their free suppuration, proved in the highest degree remedial, removing chronic pains and internal sufferings of long standing; and that no marked amendment did take place until the event of some crisis. Also the additional fact must be mentioned, that very frequently indeed, the boil crisis would appear in the immediate vicinity of the disease, sometimes on the very spot. It is no longer surprising, therefore, that the idea of humor in the blood should be strongly confirmed in the mind of Priessnitz, and have grown with him into a rule of practice. The patient very naturally cares not for the absence of scientific explanations, but renders his faith to fact, and to the long list of very extraordinary cures which have been performed, after the failure of regular medical art. But it will not be uninteresting to examine more closely this doctrine of the bad blood, with reference to crisis and treatment.

In the case of morbid poisons, as, for example, small pox, measles, and scarlatina, nature evidently makes a vigorous effort to free the blood from the virus, by producing in the skin a characteristic eruption, attended by a symptomatic fever. After a certain period, health returns, and no reminiscence of the poison occurs. I adopt this illustration to shew that the blood can in this manner, by the medium of the skin, clear itself of the offending cause, how-

ever difficult the explanation may be. In the very familiar examples of cutaneous disease, as erysipelas, the shingles, nettle-rash, &c., we commonly refer to the blood as the source of disorder, although we can only generalize our notions; or, by other theory, we may regard these disorders as the offspring of some internal vitiated secretion, as acrid acid in the stomach,* or bad bile, affecting the skin by supposed sympathy;—which is equally figurative language, if we are driven to close and searching analysis.

Boils and carbuncles do not occur in healthy subjects; and, when they happen naturally, are always looked upon as indicating a bad habit of body. The surgeon may take a different view of the subject, and call it weak and unhealthy inflammation, affecting the outward texture of the body differently from phlegmon or true inflammation. I will not therefore, for the sake of language, attempt to dispute the plain notion, so familiarly adopted, of the nature of crisis in the water-cure treatment; but I do think it of great importance that it should have its sober limits, and not be made an *ignis fatuus* to the practitioner or the patient. The benefit arising from crisis must not be referred merely to the depuratory or cleansing process for the blood. Boils and rashes act as counter-irritants, in the ordinary and most accepted view, and in this way also prove useful; on the same principle that we see advantage derived from blisters, and artificial eruptions produced by external applications, tartar emetic, croton oil, &c.; and even the use of setons and issues is connected with

* A breaking out, as it is called, on the lips and chin, would probably be produced in any one, by eating for a continuance rich sauces, especially if made with bad butter.

this principle of counter-irritation equally with the idea of discharging the offending humor from the blood. It is very evidently the formation of an artificial disease, with the hope that it may be a substitute for the real one, and cause its removal.

It certainly happens in this way that much inconvenience must be sustained by the patient in the progress of his cure; and he must submit to be worse, before he can be better.

The occurrence of boils is not, however, invariably necessary to the cure. Nature determines this, and may give another kind of crisis; and even none that is notable may be the pleasing fate of some, who still receive every benefit and recover.

From all that I have seen, and my opportunity has been extensive, I am deeply impressed with the conviction that the employment of a very large amount of treatment, at one and the same time, in order to urge the circulation to produce crisis, demands most prudent consideration, and especially in irritable constitutions. I am free to admit that, in chronic cases of long standing, superficial measures would be of little or no avail, and that there must be efficient treatment. If too active measures be pursued in these exceptionable instances to which I allude, a sudden and too severe crisis might be produced, creating high suffering and possible danger. Instead of the favorably suppurating boils, such as are of untoward character might arise. I am sure that these unfavorable consequences may always be avoided by ordinary care, and do not belong to the water-cure treatment, as of right, more than any accidental untoward result belongs to the regular practice of physic.

Whenever a threatening appears of too strong a

crisis, the treatment is to be immediately reduced ; and, being nicely adapted also to the particular circumstances of the case, all anxious embarrassment will be removed.

In conclusion of this subject, I advert with regret to reflections which I have seen in print on the skill of Priessnitz, on account of a particular case which occurred at Graefenberg, unfavorable in respect to the constitution of the patient, and having a fatal termination. In its treatment at the latter period, there had been, on the part of the individual, much improper deviation from the directions laid down, owing to an impatient desire of urging a crisis for the sake of a more speedy cure. From this cause, fever crisis set in suddenly and with destructive violence. Continued high irritation and fatal exhaustion ensued.

A lamented event of this kind, happily most rare, should serve as an occasion for such reflections as I have already suggested. No remedy that is powerful for good, can be so weak an instrument as not to be also capable of evil. Neither the skill nor the prudence of Priessnitz should be lightly called in question by any one. I am convinced that, with regular superintendence of a case, he would never provoke a crisis beyond his power of convenient control. The very large number of patients on his list, varying from two to five hundred, could not allow of watch being kept over every case, and he must be sought for rather than seek. He is most attentive on every important occasion ; and it must be the fault of the patient if he do not report progress ; and more especially if he do not seek prompt aid in the event of the least unfavorable occurrence.

Another and very important consideration pre-

sents itself on the subject of crisis ;—for how long a time is its occurrence to be viewed as an indication for the continuance of treatment ? Evidently it requires judgment to know what may be referred to the influence of the constitution not yet delivered from its errors ; and what to simple morbid action of the vessels of the skin, existing as a secondary and a local disease. I know an instance of the occasional formation of boils on the legs, causing much inconvenience, although the general health is quite restored ; the full water-cure treatment, which was carried on nearly two years, having been laid aside for one ; with the exception that the patient applies water dressings to the skin when it inflames, or to a boil ; and uses a cold bath daily.

I have now to treat of the practical result of the water-cure treatment, in the narrative of some cases ; selecting from the large number which, through the kindness and courtesy of many friends, I have had the opportunity either of seeing or becoming acquainted with, those which I hope may prove of sufficient interest and instruction.

And that I may present to the reader a familiar picture of the nature of the different processes, I will give some account of my own treatment ; adopting the maxim of Seneca,

i “ Longum iter per præcepta, breve et efficax per exempla.”

I have for many years experienced inconvenience from rheumatic and nervous headache, with noises and deafness in the left ear ; always dependant on medicine for the function of the bowels, yet very seldom requiring active treatment.

I waited a few days, to recover from the fatigue of travelling, before I began the treatment. At 6 A.

M. Tuesday, April 18, I was visited by Priessnitz and the Badediener, (both attended,) who rubbed me down with the wet sheet for two or three minutes; following it with an equally diligent application of the dry one. The cold application being accompanied with such immediate friction, no severe shock was experienced. It was merely disagreeable, and that only in the first impression. The reaction was quickly established, and a safer mode of bathing cannot, I think, be imagined. The best results must follow from this effective cleansing process for the skin, tending to maintain it in health and to remove its diseased conditions. By the recommendation of Priessnitz, I put my flannel waistcoat over my linen.

The wet bandage was applied round my body, the dry part being closely rolled over it. The cold sensation was unpleasant at first, but quickly removed by exercise. I next used hand-rubbing for my head most freely, with cold water in a basin, and was careful, by Priessnitz's desire to chill the nape of the neck. I next took a long walk, and drank three half-pints of water at suitable intervals.

At 11 A. M. sheet process repeated, and, in addition, a sitz-bath, with water at 65° Fah., to reach to the navel. I continually rubbed the abdomen and loins with the water, and remained a quarter of an hour. The unpleasant first impression does not last more than a minute, and it is not disagreeable to remain for any length of time, unless the water should be changed. At 5 P. M. this treatment was repeated. I came in from a walk, much heated by exercise in the sun, waited a few minutes till the pulse became quiet, and then had the wet sheet applied with a most refreshing and satisfactory effect.

19th. Placed in the wet sheet; the first lying down on it and investment with it were very disagreeable: but, immediately after the packing up with the blanket, &c., was sufficiently comfortable; and, in a few minutes more, so much so that the effect was quite soothing and tending to sleep. At the end of three quarters of an hour, warmth came which would have produced perspiration, and this not being desired, I was taken out, and immediately entered the shallow bath, at 62° , and was well rubbed with the water for about two minutes. The immersion being so slight, the impression of the cold water was very bearable, and the warmth of surface was afterwards quickly restored. Rubbing wet sheet at 11 A. M., and at 5 P. M., this and the sitz-bath at 62° . Each time rubbed the head.

20th. Same treatment. Examined my animal heat before being rubbed with the wet sheet; it was $97^{\circ} 5$, and the sheet 50° ; no alteration produced—shewing the mildness of this refrigerant process.

After the lein-tuch this morning, went first into the shallow bath at 62° , and then into the plunging bath, which was 44° , and cutting cold; returned quickly to the shallow bath, which now seemed pleasantly tepid. I found the animal heat reduced one degree by the plunging bath, although the sensible reaction was excellent: and, after the dry rubbing and dressing, I was comfortably warm.

23d. Same treatment. In using the sitz-bath, found the temperature of the water raised by the warmth of the body 2 degrees in 5 minutes, 4 in 10, and 6 in 15. Hence the necessity of a change of the water, if a continued cold sitting be desired.

Being, in the common language, bilious from the change of diet, and such a free use of milk morn-

ings and evenings, the bilious secretion suspended, with loss of appetite, took blue pill and colocynth at night, and next morning the improved Cheltenham salts. It was my object to save time; and I was confident that I should have this error more quickly corrected than by leaving it to the sole influence of the water cure treatment.

25th. I used the lying sheet and shallow tepid bath yesterday, but no other treatment. Every success and benefit from the medicine.

26th. To-day resumed the plunging bath, and went on with the same treatment to the end of the month, but changed the mid-day process for the use of the regular head bath and foot bath; having recourse to the latter also, from being much subject to coldness of feet. I received the head bath for a quarter of an hour, allotting five minutes to the back, and the same to each side of the head.* I lay on the floor, and had a good proof of the superior conducting power of air over water for sound, in the strong perception of any contiguous accidental noises. From this application of cold water I always felt sensible invigoration of the nerves of the head.

The foot bath was also sensibly useful, tending to comfortable warmth of the feet; and the further rubbing of the ankles and muscles of the leg much relieved the consequences of fatigue.

May 1st.—In using the lein-tuch this morning, applied a long towel, wetted, from the arm-pit down the sides, and found its effects agreeable; the sensations, from the complete contact of wet linen, more pleasant on that side than the other. Indeed, the effect of this process is very soothing; and it be-

* I find a shallow wooden vessel, with a rounded groove to receive the neck, answers the purpose of this process very well.

comes a punishment to be unpacked. Every one would willingly go to sleep in the wet sheet. If, in any particular case, the feet fail to become warm with the rest of the body, socks may be worn.

May 5th.—To-day used the douche, the temperature of which was 44° , for two minutes; it immediately reduced the animal heat one degree; but I had a comfortable reaction. I felt very sensibly how much the most active this is of all the processes, when the douche is strong and the water cold. I used it afterwards occasionally during my stay, but not regularly, as I did not require full treatment.

I proceeded regularly till the 16th, when I tried the experiment of lying on three wet sheets instead of one. The first impression on lying down was that of greater coldness; but, when packed up, this subsided into a sense of pleasant coldness that was refreshing. This remained, so that at the end of an hour and a quarter I was not warmer than I had been in ten minutes with the one sheet. It was particularly agreeable that the back remained cool so long. In an hour and a half, I had the same general warmth as with half an hour of the one sheet. In another quarter of an hour, I was becoming so warm that the animal heat had risen half a degree. Had I remained longer, I should, doubtless, have perspired freely. I was much satisfied with the experiment, as shewing the long-continued refrigerant power of the three sheets, in comparison with the one.

Two days after, I made the experiment of using the sweating blanket. On awaking at 6 A. M., I had some head-ache: pulse rather full, at 56° ; animal heat 98° . In the course of ten minutes after being packed up, I was comfortably warm; least so in

the feet, where I desired more weight. At the end of an hour and ten minutes, when the warmth of the whole body was much increased without sensible perspiration, the pulse was increased to 66° , full and soft; the animal heat 99° . At the end of two hours, the perspiration was universal, but not copious, p. 68, animal heat 100° . In another half hour, perspiration in a greater degree, but not streaming, p. 68, animal heat 101° . At the end of two hours and three quarters, I quitted the bed, for the full bath, into which I plunged instantly, while hot and perspiring, made two immersions, and came out exceedingly refreshed.* On being dressed, the pulse was as in the beginning, and the animal heat $97\cdot5$.

On the following day, returning from a long mountain walk, the sun shining, my pulse was excited and my animal heat 101° .

I waited a few minutes only for a quiet circulation; I wiped off the flowing perspiration, and then, while yet hot and perspiring, was freely rubbed down with the wet sheet, holding more water than usual. I was highly refreshed and agreeably cooled: my pulse became natural, and the animal heat, examined during dressing, was 98° . Hence another proof of the perfect safety of applying sudden cold

* It is to be considered that with the elevation of the animal heat, the nervous energy also is simultaneously increased or more diffused.

† In a paper on heat, which I had the honor of reading at the evening meeting of the College of Physicians, March 5th, 1838, I quoted the experiment of Sir Joseph Banks, Dr. Fordyce, and others, shewing that one may with impunity pass immediately from an apartment heated to 260 deg. Fah., into a very cold atmosphere; the effect indeed being agreeable, refreshing, and useful.

to the heated body† with perspiring surface, when the animal heat is raised beyond the natural standard.

I proceeded with regular treatment to the 20th, and then desisted. After this period, in consequence of a severe cold from remaining in wet clothes, when I had no opportunity of changing them, I was attacked with slight general fever, rheumatic pains, and severe throbbing head-ache. I immediately had recourse to a lein-tuch, followed by the shallow tepid bath, and to affusions with cold water. The relief was immediate: the animal heat which had been increased to 100° , was immediately reduced to $97\cdot5$. One repetition of this treatment was so successful, that in twenty-four hours I found myself quite well.

The final result of the whole proceedings has been a most satisfactory improvement of my health, in all the failings which I mentioned; and I have not found the least occasion for medicine during the last two months. On my journey homeward, which was most extremely fatiguing, I took every opportunity in my power to use, on first rising, the rubbing wet sheet, hip bath, head and foot bath, and always with the greatest comfort and advantage; a plan which, together with early rising, drinking cold water freely, and an active walk, I followed up with the highest advantage and sensible comfort and benefit.

Indigestion, &c.

A. B., æt. 44, for the last seven years during a residence in India, liable to severe head-aches; complaining frequently of heat on the top of the head,

and a weight at the back. After a time, these headaches became much worse periodically, accompanied with sickness approaching to faintness, and a momentary loss of recollection. These periodical returns at length becoming so frequent as every twenty-five days, and the illness much more severe, accompanied with pain in the lower part of the spine, he was advised to try change of air from the sultry climate of India, to the Neilgherry hills, where, during a residence of two years, he became much better, the periodical returns being forty-five and forty-six days apart. As his general tone of health improved, the illness also became slighter. His health not being however established, he was directed to return to his native climate, and proceeded to Europe by the overland route, via Malta, where he changed his route, and proceeded to Graefenberg, via Naples, Leghorn, Florence, Trieste, Vienna. During this journey, his complaint returned every twenty-six, thirtieth, or thirty-sixth day, and the illnesses were not so slight as they had been during the latter period of his residence on the Neilgherries. He complained a good deal of cold feet and frequent head-aches. The latter might perhaps be attributed to improper diet at the hotels, and the fatigue and irregularity incident to travelling. It was the opinion of his medical friends in India, that there was no organic disease, and that his complaint was to be attributed to indigestion and the exposure to the climate of India. He had a return of illness on the 29th of March, in the carriage between Olmutz and Graefenberg. Priessnitz saw him on the 30th, and commenced treatment on the 31st, with *abreibung* and head-bath, the back and sides being immersed for a quarter of an hour. On the first of April, he

had lein-tuch at 5 A. M., followed by a tepid bath. Lein-tuch again at 12, followed by an abreibung and head-bath; at 5 P. M., an abreibung; this treatment continued until the 20th of April, when he had a return of illness in the night. Priessnitz being sent for, he directed his head to be wetted before using the lein-tuch, and an abreibung after it, instead of the tepid bath; the abreibung to be repeated at 9 A. M., 12 noon, 3 P. M., 5 P. M., and 9 P. M.; in addition to which he was to have an abreibung every fifteen minutes for one hour after the faintness. This treatment of six abreibungen a day and lein-tuch at 4 in the morning, head-bath at 9 A. M. and 12 noon, continued several days; was then reduced to five abreibungen in a day, then to four; and lastly, he went back to the former treatment, which continued until the first of May, when he had another return of illness. Priessnitz was then of opinion that the present treatment proved too severe for him, and must be modified; that the tepid baths were to be left off, but that he must continue the lein-tuch once in the day, head-bath once, four or five abreibungen in the course of the day, and a foot-bath twice in the day; and that as soon as the present illness had passed off, the head-bath was to be discontinued, and the head to be simply rubbed with water. He directed an abreibung every fifteen minutes, to be repeated four times after any faintness; also one foot-bath after a paroxysm. On being told that the patient was fatigued with the exertion of dressing and undressing every fifteen minutes whilst ill, he directed that he should go into bed between each abreibung, be kept quiet, and that if he fell asleep, he was not to be disturbed.

During the first three weeks of the time that this

gentleman was under treatment, he was *remarkably* well: had no head-ache whatever, and never complained of indigestion since the 20th of April (it is now 12th of May); he has occasionally complained of head-ache, but is nevertheless better than he was before he arrived; his general tone of health is improved; the pain in his back quite gone, so that he can run *down* a hill without uneasiness, whereas even walking fast *down* a hill formerly used to shake and jar his system. His feet are always warm; he no longer starts in his sleep as he used to do, and can sleep on his back as well as on his side, which he could never do before, since he resided in India; and he no longer complains of indigestion after dinner. Before adopting the treatment, he was always dependant on the aid of medicine for the bowels; since, he has not had the least occasion for any. It must also be mentioned, that, although the two last attacks of illness occurred within very short intervals of time, the head-aches were slight and the illness only a mild one. His chest appears to me to have become wider. I saw this gentleman almost daily, and left him in a fair way of recovery.

Nervous Indigestion With suicidal propensity.

The subject of this distressing malady was a gentleman of 46 years of age, who, after eighteen years of active and incessant attention to commercial affairs, retired with a moderate fortune from them in consequence of the growing distress both in the stomach and brain, which unfitted him for further action, and, as he said, "rendered the sight of the ledger intolerable." It avails not to repeat all the means he tried previous to his trial of the Water Cure: suffice it that they comprised all the circle

of drug medication and, what is for the most part as bad, *drug dietetics*, by which is meant the system of keeping up a certain amount of stimulation from food and wine on the condition of maintaining a proportionate amount of stimulation from medicines. He came here complaining that he only got one hour or one hour and a half sleep in twenty-four hours, that he had the most horrible mental sensations, the predominating one being that he was doomed to be his own destroyer: indeed for the last two years he had never been left without some one to watch him. His bowels always costive, and his belly protuberant, no pain was present when they were pressed; but eating always brought on a more intense degree of the mental pain. His volition was quite gone, and his moral courage extinguished. The contents of the chest were perfectly sound.

We commenced the treatment of this case with hot fomentations to the stomach and bowels at bedtime, the wet sheet bath in the morning and evening, a sitz bath in the middle of the day, and he also commenced lying in the wet sheet; the result of which was that on the fourth night he had five hours' sleep. From the bowels, too, he had on the morning following this a good natural evacuation. The mind, however, still held by its painful sensations. He now began to lie every morning from one hour to one hour and a half in the wet sheet, followed by a bath; the sitz bath at noon and the wet sheet bath being continued. During this time he went every morning to St. Ann's Well, and, walking on the hills, drank from three to six tumblers of water, as he felt inclined. In the course of the day he drank from eight to twelve tumblers, taking exercise, which varied from five to ten miles a day. At the end of

eleven weeks he left Malvern perfectly recovered, having, during the latter half of that period, used the douche daily, and broken upon the wet sheet by occasional sweatings in the blankets. His capability of taking water increased with his progress towards health, and he sometimes took fifteen or twenty tumblers a day. The changes in the expression of his face indicative of that in his feelings, was striking to all the patients in the establishment, and from being the most lugubrious he became the most laughter-loving of them all. He slept invariably from the time he went to bed—ten o'clock—until the servant awoke him in the morning; and his sleep was dreamless.

The only evident crisis in this case was an increased action of the bowels for a fortnight, carried to the degree of diarrhœa for two or three days, but without any pain, griping, or debility. The wet sheet, however, in which he lay, for a long time rendered the water in which it was daily washed dark and turbid, with a copious flocculent sediment.—*Drs. Wilson and Gully.*

Indigestion, Nervous Debility and Hypochondriasis.

A gentleman, aged 25, had brought himself into a state of great nervous debility from excess of study.

He was at length incapable of any mental application, had great nervous depression, and was hypochondriacal. The sight so much weakened that he could neither read nor write, and even blindness was apprehended. Often had severe head-ache. Greatly lost both flesh and strength; the digestive functions torpid. He related to me that he first came to Graefenberg three years ago, in the state of indisposition above described. His treatment

then as follows : The plunging-bath in the morning on first quitting the bed. After breakfast, the douche from five to ten minutes even in the coldest weather. In the afternoon, a sitz-bath for half an hour : drank water in the usual quantity. For five months there was no change in the treatment. He observes, " I had no crisis, not even the water-rash ; my health improved gradually. After this, I returned home, where I used a cold bath every morning, and avoided all sorts of spices and fermented liquors. My health improved more and more ; My eyes grew stronger again, I could read and write ; and, of my former complaint, there remained merely a pressure on the chest ; inability for strong mental exertion, accompanied with some dislike for society. Three months ago I returned to Graefenberg, when Priessnitz ordered me to be packed up in a wet sheet morning and afternoon, followed by the plunging-bath ; to douche for two minutes ; to take two head-baths ; and a sitz-bath for a quarter of an hour. He recommended me to make a practice of walking in the air with my head uncovered, however cold the weather." I saw much of this very interesting person, who quitted Graefenberg during my stay. He was quite well. The digestive functions became regular very soon after the commencement of the treatment. This is an example of no sensible crisis occurring, although the treatment was very active.—*Sir Charles Scudamore.*

Indigestion with threatening inflammation of the brain.

The patient, a gentleman of 40 years of age, had undergone excessive mental excitement, accompanied with constant and distressing sinking about the stomach and bowels, tendency to fainting and cold

sweats, all which he had endeavored to fight against by frequent taking of stimulants. With all this he had been unable to procure even a small amount of sleep. In our first interview with him, his speech was almost incoherent, his gestures violent, and his whole appearance that of a person on the verge of insanity or inflammation of the brain. His tongue was fiery red, his bowels constipated, and his skin dry and harsh, except when the cold sweat suddenly appeared on it, together with the symptoms of fainting. All this plainly indicated the use of the wet sheet, in which he was made to lay for an hour twice a day, with sitz-baths in the intervals. In twenty-four hours this patient became calm, and slept almost all the time he was in the wet sheets, of which he spoke as the most delightful remedy he had ever experienced. On the first night after commencement of the treatment, he slept five or six hours consecutively. His bowels also opened, and his tongue became paler; of course no stimulants whatever were allowed, although up to the moment of his treatment he had taken them largely, and he expressed surprise at not feeling the want of them. At the end of a week he pronounced his feelings to be better in all respects than they had been for more than a year. Nevertheless we thought it advisable he should continue the general treatment for a fortnight longer, which he accordingly did; and at the end of three weeks returned to London, speaking of himself as "a miracle," and extolling the water-cure in enthusiastic terms.

REMARKS.—Nothing could be more striking than the immediately sedative effects of the wet sheet upon the highly excited nervous system of this patient. It is impossible to conceive of any medicinal

opiate acting so quickly and so efficiently ; neither had the sleep any of the disagreeable characters of that obtained by opiates, for he awoke soothed, refreshed, and with a moist tongue. This effect, too, continued throughout the case ; the patient never retrograded for a single day. Although when he came his limbs would scarcely carry him half a mile, within a week he was able to mount to the top of the highest of these hills. The harassing condition of mind disappeared, and he frequently expressed his surprise at the totally altered view he took of the circumstances which had previously so painfully excited him. We confess our ignorance of any medicinal treatment which could remove the symptoms enumerated, and restore the general health so rapidly and completely as the much-abused means employed in this case.—*Drs. Wilson and Gully.*

Nervous Debility.

A gentleman, aged 25, tall and slight, had brought on debility by excess of study, attended with circumstances distressing his mind. For two years, suffered from great and almost continued pain in the head, chiefly in the back part ; with pains of the teeth and down the cheek ; constant noises in the ears. Was also generally weak, and in a very nervous state. Circulation irregular, with ice-cold feet. Bowelstorpida. Had been at Graefenberg six months. The treatment :—lein-tuch in the first of the morning for half an hour, followed by the abreibung.—Both repeated in the afternoon. Used also daily head-bath, and foot-bath, the feet being well rubbed for half an hour. Was desired, in addition to the regular head-bath, to rub the head very freely with cold water, whenever it was painful. Drank

water as usual. In the first week, the functions of the bowels became quite regular, and he was released from his former necessity of taking one or other kind of medicine. This benefit arising from the water-cure treatment is one of the highest magnitude, and happens, as far as my inquiry went, almost without exception. This gentleman assured me that he found himself well at the end of three months, and only remained at Graefenberg longer in order to confirm the establishment of his strength. It was pleasing to hear him describe the altered state of his nerves for the better, the loss of all pains of the head and face; and the improvement of his circulation. He was no longer troubled with coldness of the feet.—*Sir Charles Scudamore.*

Hypochondriasis with hallucination.

A gentleman aged 28 consulted us, presenting the following symptoms:—Face shrunk and pinched, with an expression of anxiety and anguish; complexion dingy yellow; tongue silvery and split; bowels not acting except by medicine; general emaciation. To these physical ailments was added a state of mind which he characterized as most humiliating. At one time he conceived the most unconquerable disgust at his wife's nose, because it was not perfectly straight. At another he was haunted by a small mole on her neck, and the complexion of the throat. These and other phantasies tormented him night and day, and he never was free from some crochets or other. Daily at about six in the evening a fit of profound melancholy invaded him, and all appeared cheerless to him for two or three hours, though on the score of wife, and fortune, and station, few men had more right to be

contented. The causes of this complication of bodily and mental ailments were to be found in early excesses, acting on an originally weakly frame and not a strong mind. It should be mentioned that he attributed the major part of his ills to medicine, of which he had taken largely.

The treatment in this case consisted in the systematic employment, morning and evening, of the wet sheet, sitz-baths, and shallow baths. By these means, conjoined with ten or twelve tumblers of water daily, regular exercise on foot and on horseback, simple but nutritious diet, and early hours, he was put into a state to bear the daily use of the douche. Some time, however, previous to the use of this last, his bowels had got into perfect order, his skin had taken a healthier hue, and he allowed that his nervous sensations and mental phantasies had undergone material amelioration. And be it remarked, that when a hypochondriac allows that he is better at all, it may always be concluded that he is considerably so; for croaking is his principal attribute. But although the patient was convinced that a little more time would have certainly effected his cure, circumstances intervened to prevent his further stay at Malvern; yet he left behind him a host of physical and moral troubles.

REMARKS.—Very few of our non-professional readers are aware of the extreme difficulty in producing any impression whatever on the miserable condition of the nervous system of a confirmed hypochondriac such as this was. That condition is essentially one of deeply-rooted irritation of the whole of the nerves which regulate the functions of the stomach, bowels, and liver; an irritation which, by sympathy, is propagated to the brain, thereby producing low spirits, harassing and horrible fancies,

and sometimes an almost total loss of the voluntary power. In such shades of mind, the patient becomes one of the most disagreeable that can be met with ; he torments himself and all around him ; and but few medical men are otherwise than glad to get rid of such a patient. The effects, therefore, of the water-cure in similar cases are the more to be admired, as they are produced in persons who are most unwilling to acknowledge that they are benefitted by any treatment whatever ; and as it is universally acknowledged by medical men that they are, in fact, seldom or never benefitted by any medicinal treatment in ordinary usage. This case bears some analogy with the first one mentioned, inasmuch as at times the suicidal propensity was present ; and like the case in point, would have prospered to a perfect cure had time been given. We know, however, that the treatment, as far as it can be managed, will be persevered in, and the patient, as well as ourselves, is assured of the ultimate result.—*Drs. Wilson and Gully.*

Intense Hypochondriasis and Mercurial Disease.

A gentleman, of large fortune, was the subject of this intolerable disease, of which he had all the prominent symptoms in their worst degree. It owned both physical and moral causes. The former consisted in the frightful and long-continued application of mercury, which had been given when the disease was yet slight ; and the latter in a severe and permanent domestic disappointment. All the secretions, both of the skin and of the internal membranes of the body, were depraved. He remained at Malvern several weeks, but only slight amelioration of the symptoms was obtained. All parties

concerned became impatient; and he gave up the water-cure, having previously tried all manner of treatment.

REMARKS.—We mention this case only as an instance of those who leave the water-cure disappointed, and in ill humor with themselves and the treatment. How far the treatment was to blame for the want of success, may be gathered from the fact, that we discovered in the course of it that the patient persisted secretly in an old habit of drinking brandy, when, with any chance that the candor and perseverance of the patient could have given us, it would have taken at least ten or twelve months of steady treatment to bring about his recovery. As it is, the case is a forlorn one, both as regards the causes and any future treatment that may be adopted.—*Drs. Wilson and Gully.*

Indigestion and Pain in the Side.

A gentleman, aged 40, arrived at Graefenberg, in a weak state, with bad digestion and constant pain in the right side. He went at once from his lein-tuch into the cold bath. He abstained from the douche when the weather was severely cold, and never took it more than two minutes. He was several months before he got a crisis; but was cured of his indigestion before that time. When the crisis came, it was on the opposite side, a large boil, very painful, accompanied by much irritative fever for near a week; but it has cured the pain in his side, for which he could get no remedy before.—*Sir Ch's Scudamore.*

Liver and Stomach Complaint with Emaciation.

Mr. — —, a Liverpool merchant, in consequence of long-continued exertion in the climates of South

America, irregular living, and considerable labor of brain, had at length fallen into a state of disease indicated by the following symptoms. Complexion pale yellow, without a sign of circulating blood ; face thin and haggard ; body generally emaciated : pain in the right side of many years standing, bowels confined, appetite gone ; great lassitude and indisposition to exertion. For these ailments he had gone through various courses of medicine, mercurials, purgatives, tonics, &c. ; he had also tried different mineral waters, and had finished the list with a course of Morrison's pills ; all to no purpose, for he came to us with enlarged liver, and all the symptoms of confirmed stomach disease. It should not be omitted that he suffered from frequent tic and cramps in the leg. His age was thirty-six years.

Alternate wet sheets and sweatings, with frequent sitz-baths, compress constantly kept to the abdomen, and latterly the douche, produced, in the course of a few weeks, a most decided change in his appearance. His appetite became enormous, his digestion undisturbed, and the evacuations from the bowels, twice a day, very copious ; he slept well, and his spirits were of the highest order. At the end of a month a crisis of boils commenced, principally over the region of the liver and right side of the body, which, however, were rather a subject of jest than of alarm to him, since, notwithstanding there were as many as twenty or thirty at one time upon him, he was never once absent from the breakfast, dinner, and supper table, and took his walks as he had always done. The only difference in treatment required for these boils was an extra wet sheet in the middle of the day, which, with the refreshing of the linen compresses, he found removed all inconven-

ience and disagreeable sensation, which might have arisen from the existence of the boils. Under the action of these boils, the enlargement of the liver rapidly gave way, and the diminution of its disease was palpably exhibited in his face, which became round and red from being pale and thin.

REMARKS.—In every way this case is satisfactory, and the result was obtained in much shorter time than we expected, being a little above six weeks. It is further satisfactory, as it gives the opportunity of demonstrating the perfect safety of the crisis of boils, when these are produced with discretion, and treated with judgment. *Being withdrawn from business, free from all artificial stimulants*, both mental and bodily, we perceive how small an affair this crisis is. But had this patient left us a fortnight before he did, with the boils upon him, and entered upon the cares of his business at Liverpool, or had he put himself under a course of drug medication at that time, we venture to say that the result would have been very different. As it is, we hear at this time (now five months) that he is on the point of embarking for Canada, and says, “that he has got a new lease of life from the water-cure.”—*Drs. Wilson and Gully.*

Brain Fever.

A person who had recently lost his wife and two children, was attacked with brain fever. Priessnitz ordered him a tepid bath, in which he sat and was rubbed by two men, who were occasionally changed. The man became so deranged, that it was with difficulty he could be kept in the bath. In ordinary cases, this disease succumbs to the treatment in two or three hours; but the patient in this case became speechless at the end of this time.

Priessnitz, with that coolness which is so leading a feature in his character, said, "Keep on until he either talks much or goes to sleep." The latter the man at last did, but not until he had been in the bath for nine hours and a half, when he fell asleep from exhaustion at half past ten at night. He was then put to bed, and the next day the fever had left him, and, though weak, he was able to walk about. If, in this case, Priessnitz had become alarmed, after the first two or three hours, and had discontinued the mode of treatment, to try some other experiment, the consequence might have proved fatal.—*Claridge.*

**Inflammation of the Stomach and Bowels, treated
by Priessnitz.**

A child, three years old, was subject to inflammation of the stomach and bowels. A second attack, with aggravated symptoms, which he had while at Graefenberg, was treated as follows :—The well-wet bandage, covered only with a thick dry sheet, was applied every five minutes, from the neck to the knees, for upwards of an hour, when, the heat being reduced, the last was permitted to remain ten minutes ; the head and chest being also implicated in the inflammatory action, thicker umschlags were applied to those parts ; the feet and legs being cold, they were well rubbed with the hands, and covered with a blanket. After the application of the last umschlag he was placed in a tepid bath at 70° Fah., where he was retained for an hour ; his body being rubbed gently during the whole time ; additional cold water was occasionally added to retain the bath at a uniform temperature, and a tumbler of cold water was also poured on his head, at intervals of about a minute. Four times during the day was this pro-

cess repeated; the periods being reduced as the fever became less, and at night the bandage was changed every half hour. On the second day the little sufferer refused to go into the bath, but begged himself from time to time for fresh bandages. Priessnitz at once adopted the child's suggestion, and directed that his feelings should be attended to. In the course of the day the child desired the bath, in which he was accordingly placed, and where he remained till the heat in his armpits, and back of his neck, was reduced to that of the rest of his body;—this being Priessnitz's index of the proper duration of a bath under such circumstances. In four days the child was quite restored. Subsequently a pustule appeared on one foot, which discharged freely, and his cure was perfected.—*Beamish.*

Ulcer, with Caries of the Bone, from a Gun-shot Wound.

The cadet Prince Lichtenstein, of middle size and of a full and corpulent habit of body, had received, whilst on service in Italy, a gun-shot wound in the leg, which injured the tibia. The wound remained open for two years, degenerating into a foul and fistulous ulcer, and discharging a fetid sanies, accompanied with caries of the bone. The surgeons of Vienna advised amputation; and, as a last resource, the prince went to Graefenberg.

Treatment.—Wet bandages to the ulcer, sweating every morning in a blanket, followed by friction in the half-bath, or plunging into the cold bath, and drinking copiously of cold water. This was continued without intermission for two years. The habit of body and general health became improved, and there was no loss of flesh, notwithstanding the con-

tinual sweating. The diseased or carious bone was gradually exfoliated in a great many pieces. The ulcer, soon after the commencement of the treatment, assumed a healthy action and appearance, and was nearly healed at the period of the prince's departure. He fully recovered the use of his leg.—*Dr. R. H. Graham.*

Indigestion, and Liver Disease, with asthmatic breathing and internal accumulation of fat.

A lady, about fifty years old, of strong constitution, had been for many years in the habit of indulging a pretty large appetite to its full extent, and entering into all unhealthy ways of fashionable life. The consequences were, in time, shown in constant pain of the right side over the liver, and in the back, which was soon followed by asthmatic breathing, laborious action of the heart, and, therefore, the greatest difficulty in ascending stairs. At the same time she became inconveniently fat on the surface, and gave likewise every indication of a similar accumulation within, and more particularly of that which is so apt to take place about the heart, the kidneys, and coverings of the bowels. The other common symptoms of a deranged state of the digestive apparatus, especially costiveness, were all present. With these ailments she came to Malvern.

It is tedious to recapitulate frequently the treatment of indigestion and its accompaniments; suffice it to say, that in ten days this lady was able to walk up the hills with but little difficulty of breathing, an undertaking she would not previously have dared to attempt; the pain in the side, for which she had been frequently cupped by other practitioners, was gone; the functions of the stomach and bowels

were regularly performed; and her spirits rose to the highest state of exuberance. She continued the treatment for six weeks, at the end of which time a crisis appeared in one of the legs in the shape of boils; which, however, did not confine her to the house. It is now about eight months since she left this place, and a week or two back we had the gratification to hear, through the medium of a lady resident at Malvern, that she continues in perfect health, and speaks of herself as "better than she ever remembers herself to have been."

REMARKS.—In the ordinary mode of treatment by drugs, &c., this lady would have occasionally had temporary relief by doses of mercurials, salines, and purgatives; she would have been (as indeed she frequently had been) cupped over the side, and sometimes at the back of the neck; and many would probably have bled her from the arm also. A sound pathologist, looking to the case as it was presented here, would have no difficulty in predicting to what such treatment would eventually lead. Most unquestionably dropsy of the chest or belly would have been the result, if, in the mean time, some acute inflammation had not intervened to carry her off. On the other hand, the water treatment, by setting up and maintaining a vivid action of the skin, by inducing a healthy degree of waste through it, and a healthy state of all the secretions, by the transfer of irritation from the internal parts to the point at which the crisis appeared; and by *enabling* the patient to take a great amount of active exercise, brought about a state which annihilated the local congestion of the stomach and liver, and put a stop to the enormous accumulation of fat about the heart, which they who are in the habit of seeing these kind of cases readily detect.—*Drs. Wilson and Gully.*

Scarlet Fever.

In the month of May, 1842, Mrs. Klauke, (aged about 25,) was seized with pains in the head and back, and calves of the legs. Her face, neck, arms, and legs, and subsequently the whole body, became brightly scarlet, and she complained of a soreness in the throat. The pulse was rapid, and skin dry. She was packed in the lein-tuch for half an hour; then rubbed all over in a tepid bath for twenty minutes with the wet hand. She was now ordered to wear an umschlag round her stomach night and day. When she felt cold, she was rubbed down with the wet sheet—when hot, packed in the lein-tuch; and so on all through.

The tepid bath was suspended until by the application of a succession of sheets the fever was reduced. Then the tepid bath was repeated. Every morning she was packed up in a blanket, in which she was allowed to perspire for an hour; then she was put into the tepid bath. This treatment was continued for a fortnight. At the close of the sixth day all fever was extinguished, and at the close of the whole treatment her strength was undiminished.

In addition to the above a lavement of cold water was administered every night. During the whole time she ate and drank as usual, and one evening went to a ball, (in the saloon of Priessnitz's establishment,) and danced for hours, whilst her whole body was crimson with scarlatina. On returning home from the dance, she was rubbed down with a wet sheet, went to bed, and slept soundly.—*Dr. Ed. Johnson.*

Hereditary Gout.

A gentleman, aged 50, of middling bulk and stature, had hereditary gout first 20 years ago, brought

on by violent efforts in swimming, to save himself from drowning, on a winter's day ; was for years subject to fits of great severity, and of six or eight weeks' duration ; has chalkstones in various parts, particularly in the hands and feet ; disappointed by allopathic medicine, of which colchicum and mercury formed part, he tried homœopathic, with no other result than the longer staying away of the gout ; and this benefit he attributed to the care in diet. The fits were of equal severity when they did return. For some time he adhered to a diet of fish and vegetables, and for several years has wholly abstained from wine. Five years ago, went to Toplitz and Carlsbad, without benefit, and afterwards to Wiesbaden, going through a full course of treatment there, still without apparent advantage. He next proceeded to Franzens-bad, in Bohemia, and tried the mud baths for a month, sitting in the mud, up to his neck, at 97° Fahrenheit, for half an hour, each other day, with no other good result than curing his lumbago, which has never returned. He came to Graefenberg three years and nine months ago, in a state of such lameness and continued suffering, that he felt himself fast approaching to a bed-ridden state. For the space of two years, with the interruption only of two months, he made daily use of the sweating blanket, with this frequency more by his own desire than the wish of Priessnitz, wishing to force crisis ; but he is convinced that it was an error, and that he was weakened. In six weeks, he had boils on the insteps, which remarkably relieved the chronic pains ; and, some time after, the urine deposited much substance, which appeared to him like wet chalk. In the beginning of the treatment, Priessnitz examined him, first at the half-bath, then after

the plunging, and told him his complaint would be cured in time, and even encouraged him to expect the recovery of the hands; but I am persuaded there was too much disorganization of parts to admit of it. In some of the joints of the fingers there was ankylosis, and here and there absorption of cartilage. However, much of the chalkstone deposit had been removed by the treatment, and I doubt not he will obtain further improvement. After five months, he had an acute attack, which at first he left to itself, but afterwards used rubbings in the shallow tepid bath, with tepid effusions and umsehlags: all with much advantage. He remained the whole winter, but considers that the "winter cure" did not suit him, the cold being often severe, from 4° to 10° Fah. for a continuance; but he says that the atmosphere was so clear and still, with often a full sun, that the cold was agreeable to those who could take very active exercise. When restored from the fit, he resumed treatment. His skin was with difficulty excited to perspiration; and Priessnitz had desired him to use two douches a-day, and even advised three occasionally; but he continued with two, sometimes using a plunging bath also, and always, twice a week, after the sweating in the blanket. He quitted Graefenberg for a time, and returned. He has used umsehlags always, and drunk 10 or 12 half-pints of water daily. He related to me that the gout now very rarely and very slightly affects him, and that he can walk ten miles with more ease than one formerly. He looked well. He had not touched medicine since he had been under the water-cure treatment, which he extols in the highest terms.—
Sir Charles Scudamore.

**Stomach and Liver Disease, with Tic Douloureux—
Cure arrested by falling in Love, &c.**

A gentleman, about thirty-seven years of age, was advised to try the water-cure by a learned physician at Cheltenham. He had been many years in India, where the climate, joined with the usual mode of living there, had produced the diseased states above mentioned. He had a completely withered look, the skin being deeply wrinkled, sallow, and without any appearance of blood; the liver was enlarged, with all the ordinary symptoms of long-standing indigestion; added to these, he suffered from severe tic. After going through a carefully graduated system of treatment for a few weeks, he was able to bear water at the coldest temperature. In six weeks his face was much fuller, with the tinge of health appearing upon it, as well as on the whole surface of the body. All the functions of the digestive organs were regularly performed, and his tic was gone. At this time he unfortunately fell in love; but, like all true love, its course did not run smooth. The lady was insensible, and would not listen to the last serious question. His nights now became restless, his appetite vanished, and the tic returned with violence. We advised him to leave Malvern, which he did, *much dissatisfied* that water could not wash out a settled trouble from the brain, and, in secret, a *little* vexed with himself.

REMARKS.—This is a very interesting and instructive case. There could not be a better illustration of what has been so much insisted upon, viz., that any absorbing or long-continued mental irritation is not compatible with a regular application of the water-cure for a chronic disease. This includes the cares and anxieties of business, the pleasures

and mode of living in towns, and the effects of spirituous or medicinal matters ; in fact, to continue it under such circumstances it is not without danger. In this case the same processes which ten days before produced an agreeable effect, were now insupportable. Similar cases will often occur ; when they do, the ill success is invariably laid on the treatment and the doctor, rather than on the patient's own folly.—*Drs. Wilson and Gully.*

Cutaneous Eruptions and Universal Pains.

A gentleman, aged 49, robust and rather corpulent, after syphilis five years ago, had a fever in Italy, for which he was bled so freely that his strength was exceedingly reduced. He kept his bed three months ; was bled from the arm 15 times, and had leeches, also, very freely applied to different parts. On recovering sufficient strength, he went to Gracfenberg, then having universal pains of a doubtful character, with much cutaneous eruption ; sweated in the blanket every morning for four months ; and, instead of being weakened, gained strength regularly ; always the plunging bath after it. At that time the lein-tuch was seldom used, except in fevers. He douched also occasionally, and drank from 12 to 15 glasses of water daily. He recovered perfectly, and remained well three years. By many acts of imprudence he lost his health again ; had an inflammatory attack on the chest, for which he was freely bled, and with relief at the moment ; but other evils followed—lumbago and sciatica, of the most painful description. Leeches and blisters were applied to the hip repeatedly, without relief. He consulted the most eminent physicians in Germany ; and, by their advice, used leeches, blisters, and mercurial

frictions; in opposition to which the sciatica increased. He went to a water establishment in his neighbourhood, his convenience not permitting him to travel to Graefenberg. He used, first, a plunging bath, then the vapour bath for one hour, and next the plunging bath again; but this treatment much disagreed, causing particularly oppression of the chest. The sciatic pain still increased, and at length became so intolerable, that the actual cautery was extensively applied to the hip, of which I saw the evidence. He took mercurial purgatives frequently.

By these means the violence of the disorder was broken; but he got cold and had inflammation of the larynx. After much interval, it was with great difficulty he could accomplish the journey to Graefenberg, where his anxious thoughts were directed. At length he again presented himself to Pricssnitz; then having severe sciatica; pain also of the femoral nerve; indigestion; hæmorrhoidal suffering; hypochondriasm, and general debility. At first, the treatment consisted of lein-tuch, shallow tepid baths, sitz-baths; and wet bandages, covered by dry, to the affected parts. Afterwards, he sweated in the blanket, and used the plunging bath, not finding any disagreement, as he had done with the vapor bath, &c. After three or four months, had general crisis, but no boils in the affected limb till eight months had elapsed, when also the thigh was covered with a scaly rash. The pains were entirely relieved when the last boils had suppurated freely. He next used the douche very regularly; and, when I saw him, did so for eight minutes every day. The limb had recovered its size and power: he could walk almost any distance without inconvenience. He remarked that, till within the last few weeks, the bad

limb had never perspired when the other parts of the body freely yielded to the influence of the blanket process.

This was a very important case, and one that did infinite credit to Priessnitz and the water-cure means. It shows also the necessity of their being used with judgment; for, till he came to Graefenberg, he had been injured rather than assisted.—*Sir Charles Scudamore.*

Black or Brown Leprosy.

A young gentleman, fourteen years of age, became a patient here in December last. Over the greater part of both legs there existed a scaly eruption, the individual scales being dark in color, easily detached, about the size of a human nail, and when detached, leaving the surface underneath raw and tender, the latter discharging a bloody serous fluid, until the scales became again formed. This had been going on for a long time, gradually increasing in extent, without the least amelioration. He remained in the establishment nearly thirteen weeks, and left it to return to his father at Cheltenham, with his skin clean and healthy, and all the external appearance and internal signs of a robust state of health. He sweated every other day, and lay in the wet sheet every day, and on alternate days, twice. On coming out of the blankets or wet sheet, his attendant, as well as ourselves, witnessed a very strong and peculiar odor emanating from them, and continued for several weeks of the treatment. The regular employment of the sitz-baths and of the douche also formed a part of the treatment. Compresses were kept constantly upon the diseased parts, and he took from twelve to fifteen glasses of water daily.

REMARKS.—Here is a case in which the simple operations of the water-cure not only eradicated a local disease, which all medical men know and acknowledge to be one of the most difficult, but also brought the patient into robust and general health. Compare with this the following list of medicines usually given in this disease, and which medical writers tell us are all more or less uncertain:—muriatic acid, corrosive sublimate, preparations of arsenic, caustic potash, white hellebore, &c., all of which, if uncertain to cure the skin, are pretty certain to injure the general health, by establishing disease in the internal organs.—*Drs. Wilson and Gully.*

Great Nervousness.

A military man, aged 32, had used mercury for a long time, which created great nervousness eventually; and, in a state of much debility, with wandering pains, he went to Graefenberg. He began with two lein-tuches, a shallow tepid bath, and sitz-bath. Soon after, a plunging bath was added every other day. But his zeal led him into error; he would go far beyond his instructions in every thing. One morning, he drank eight large glasses of water, instead of the four perscribed, before breakfast; and, omitting the necessary walking exercise, went into the billiard room. The kidneys had not actively secreted. His feet became cold, and he was altogether uneasy. He went out for a walk, accompanied by a friend. He soon fell into incoherent conversation, and was got home with some difficulty; He did not quite lose consciousness, but was speechless; made signs for pen and ink, but could not write. He had a violent head-ache. Priessnitz directed a tepid (62°) foot-bath, with free rubbing;

sprinkled water on the face and head; and shortly after were applied three abreibungs in the course of half an hour; and wet bandages to the head: he was put to bed. Intense pain of the head ensued, with some general fever and extreme feebleness of the limbs. Priessnitz, at his next visit, a few hours after, ordered two abreibungs, with an interval of ten minutes; then a foot-bath for an hour, the water being changed two or three times; next a lein-tuch for 20 minutes, followed by the shallow tepid bath, in which he was rubbed for half an hour by two attendants, with occasional effusions of cold water over the head. He now vomited freely, and thus got relief. The whole treatment was so successful, that, in another hour, he recovered sense and speech, and lost the pain of the head. In a few days, general treatment was resumed, and continued with great regularity. He was now always careful to take free exercise before and after every process. Numerous boils formed chiefly in the upper part of the back, but also in the thigh, and they supplicated favorably. He was called away suddenly by military duty, but pursued treatment at home to a certain extent; and a letter from him to Priessnitz, a short time ago, announces his complete recovery.—*Sir C. Scudamore.*

Acne and Sycosis, with Crisis.

A military officer, twenty-four years old, commenced treatment here, in December last, for the above very common and disfiguring disease. His face was covered with red pimples, many of them with white heads, one crop of them succeeding another. He had been for several years troubled with severe headaches and a confirmed stomach complaint, showing itself in flushings after dinner, de-

pression of spirits, and obstinately constipated bowels. His appetite was entirely gone, and he had consequently fallen into the habit of taking a strong dose of spirits and bitters immediately before dinner, without which he was unable to eat any. He had had his gums "touched" more than once with mercury, and had no relief of bowels except from purgatives, from which period he dated the commencement of his complaints, both local and general.

As there was much internal irritation to subdue, the treatment was commenced by lying twice a day in the wet sheet, followed by a general bath; a hip bath being taken at mid-day, and six or eight tumblers of water taken daily, the major portion before breakfast, while using exercise on the hills. The feverish symptoms reduced, and the bowels relieved naturally, which took place in the second week, he commenced sweating, the douche and the hip bath, with an occasional application of the wet sheet. In consequence of this treatment, a crisis of boils appeared in the third week, showing itself on the abdomen and extremities. In the meanwhile, as early as the second week, the appetite had become good—indeed, almost too good, and continued undiminished during the whole treatment. What frequently occurs in skin diseases took place in this case, namely, an increase of the original eruptions at the outset of the treatment. But as the critical boils appeared on other parts of the body, those on the face disappeared, and ceased to be renewed. Indeed a striking change took place in the whole of the skin, which, from being harsh and inactive, became pliant and healthy in appearance. The total cure was effected in five weeks.

REMARKS.—It is only necessary to observe in this

case, that the eruption depended on the diseased condition of the stomach, liver, and bowels, and that this appeared to have been much aggravated by the medicines he had taken, the first course of mercury being, most probably, the starting point. Add to this the hurtful habit he had acquired of taking bitter stimulants before dinner to force a fictitious appetite, and stimulants after dinner to mask the pains of indigestion. This patient declared that for years he had not been in such spirits as he was during the time the crisis of boils was present, all of which time he never walked less than from six to ten miles daily.—*Drs. Wilson and Gully.*

Mercurial Disease.

Mr. R——, a young Scotch gentleman, had contracted syphilis at Messina, two years previously to his visit to Graefenberg. Was treated by the Sicilian, and afterwards the Neapolitan physicians, with mercurial inunction, blue pills, and corrosive sublimate. This last preparation had been taken in such large quantities, by mistake, that it endangered his life, causing violent vomitings and colliquative diarrhœa. He became so extremely sensitive to the electrical changes of the atmosphere, that he assured me, he could not only predict rain, but could anticipate the approach of a cloud, and tell when it was passing over him, though blindfolded. His friends frequently made this experiment upon him. He had suffered from a mercurial eruption, and pains in the head, joints, and spine; ulcerated sore throat, loss of appetite, and extreme emaciation. The English medical practitioner at Naples afterwards cured him of the secondary symptoms, with the hydriodate of potass and the compound decoction of sarsapar-

illa. But the pains in his head and joints, loss of appetite, debility, and emaciation, continued, combined with an hysterical affection, that caused him frequently to shed involuntary tears. He was persuaded to consult Priessnitz, and went through the entire *curriculum* of the "cure." The "douche" produced much feverish excitement, followed by a mercurial eruption, accompanied with several boils, not venereal ulcers. Sweating in a blanket promoted the discharge of the mercury accumulated in his system. In four months he was perfectly restored to health, regained his strength, flesh, and appetite, which last was by no means inconsiderable. He frequently walked twenty or thirty miles a day, and was free from every pain. This was the best and most complete cure that fell under my observation.—*Dr. R. H. Graham.*

Congestion of the Head, with threatening Apoplexy.

A gentleman, aged forty-five years, well known in the county of Worcester, had for years been suffering under the triple excitements of complicated affairs, field sports of all kinds, and high living, and in the vain endeavor to starve off the evil results by constant and violent purgation, had increased them. The last three or four years he had been on his estate, free from business, but still exposed to the other causes of his disease. When he came to us he presented the following symptoms. Face remarkably full and livid; tongue moist and foul; bowels constipated; urine not reaching a pint a day. He had been for a time affected with giddiness of head, with tendency to fall on one side or other; dimness of sight; at intervals he was seized with extreme depression of spirits, excessive irritability, and strong

inclination to be violent to those around him ; his thoughts were frequently so confused as to deprive him of all moral courage, and of the power of attending to any thing. His nights were frightful, moaning, groaning, and tossing about. With such symptoms (which had existed for several years) it will scarcely be credited that he had been advised to take at least a pint of wine daily, and, as his spirits notwithstanding became worse, to augment the quantity to a bottle ! Equally incredible is it that, whilst this treatment was going on, he had been repeatedly bled, both from the arm and the nape of the neck. It is to be remarked that this gentleman, hearing of the water-cure, and feeling that he was getting rapidly worse, and threatened daily with apoplexy, took the resolution to abandon all advice, medicine, and wine, and to take to water drinking. This last relieved him so much, that he further resolved to put himself under our care.

It is impossible in our space to detail all the management that was required in this very perilous case. Suffice it to mention, that the greatest care was taken in graduating the different processes of the water-cure, so as to induce a better distribution of the blood, and the diminution of its quantity in the head. All stimulants whatever were withdrawn at once, and since last September he has not required any liquid but water and milk, and has not taken a grain of medicine of any kind for now more than six months. The first effect of the treatment was the restoration of the secretions of the bowels and the kidneys, purgatives and diuretics having previously utterly failed. The next effect was the restoration to comparatively quiet sleep, and to quietude of mind when awake ; for strange to say, the water

has given him good spirits, which the wine had rather depressed than otherwise. The third effect was the disappearance of an immense quantity of superfluous fat, the chief accumulation of which was about the bowels, giving him an enormous paunch; for which, however, a quantity of hard, muscular flesh had been substituted on the limbs. His figure is now what it was when he was a young man. It need scarcely be added, that all fear and every symptom of apoplexy had vanished.—*Drs. Wilson and Gully.*

Priessnitz's General Rules for the Treatment of Gout during the Paroxysm.

Lying in two or three wet sheets consecutively, ten or fifteen minutes in each, according to the degree of fever or of animal heat, so that the sheets be changed when they become warm. On quitting the wet sheets, a demi-bath is to be taken, at about 60° or 65° Fahrenheit, from half an hour to an hour, dependent on the heat of the body. This is to be done just previous to going to bed. In the morning, sweating in a blanket and the demi-bath afterwards. Should there be much debility, the blanket is to be used only on alternate days; the wet sheet every evening. When the patient is strong and robust, the blanket may be had recourse to twice a day, and the half-bath an hour after each sweating. If there be much heat, or much fever, the friction in the demi-bath may be repeated at twelve o'clock. The foot-bath and hip-bath are not used during the paroxysm. The parts affected are enveloped in wet bandages, which are to be changed as often as they become hot and dry; or, they may, from time to time, be moistened or wetted on the outside with cold water.

Gout is not to be treated as a local disease, but as affecting the whole system. A rigid diet is to be observed during the paroxysm, animal food entirely abstained from, and generally but a moderate quantity of any taken.—*Dr. R. H. Graham.*

Threatening Apoplexy, with extensive disease of the liver and other digestive organs.

Our patient in this case was a gentleman fifty-three years of age, of large landed property and great political eminence, who, after many years of an active and useful parliamentary career, retired into the country. Whether from the cessation of his previous exertion, or from the excess of that exertion, his health soon began to give way; symptoms of indigestion, with low spirits, and strong tendency of blood to the head, began to show themselves.—These becoming more alarming, after undergoing sundry plans of medication under several country practitioners of eminence, he went to London, and took the advice of the most fashionable physician of the day, who put him through a long course of mercurial and purgative medication; but after some months' trial, he found himself somewhat worse than better. Returning on another occasion to the physician in question, he was candidly told that nothing further could be done for him, and that he must expect to suffer more or less for the rest of his life, an encouragement which brought him, as it has many others, to the water-cure. The appearances left no doubt of the true condition of this patient. His eyes were yellow and suffused; his complexion and lips were waxy; his tongue enlarged, spongy, and thickly coated; the breath acid; the bowels strictly constipated; the urine depositing copiously

of lithic acid, and scanty in quantity; accumulation of fat in the belly. There was frequent depression of spirits, and irritability of temper; giddiness of head, and confusion of thought, sometimes amounting to actual suspension of the mental faculties; sleep heavy, but much disturbed. All the other symptoms were equally strongly indicative of the mischief going on in the digestive organs and the head.

The almost immediate effect of the water-cure was to bring on a bilious crisis in the shape of copious evacuations of thin acrid bile by the bowels, by which a powerful derivation was made from the brain, and that important organ thus rescued from danger.—This past, he was placed under the different processes of the water-cure, as the symptoms required; into the lengthened details of which the space which we have in this work will not allow us to enter. Suffice it to say, that after four months of assiduous treatment, this gentleman has been enabled to re-enter upon the activities of life, and very recently presided most ably at a public dinner in London, and is now amusing himself by travelling on the continent; and we heard a few days ago from his sister, that his greatly altered appearance was the subject of constant congratulation from all his old London friends. It may be mentioned, that in the course of the treatment a tendency to gout was developed, which no doubt existed previously in the internal organs, and had been fixed there; but this was relieved by the same means which were improving his entire system.—*Drs. Wilson and Gully.*

Priessnitz's Rules to arrest an Attack of the Gout on its first approach.

A demi-bath, with the chill off, for half or three quarters of an hour; the body well rubbed, espe-

cially those parts of it in which the gout is seated ; but should they be too painful to admit of it, then friction is to be applied to the neighboring parts.

Friction with cold water every evening in a demibath, and continued until the sensation of cold is succeeded by a warm glow. Sweating in a blanket for an hour, after which a wash in the demibath for a minute or two, and then a walk out, if practicable.—*Dr. R. H. Graham.*

Inflammation and Swelling of Breasts.

On the evening of the third day after my wife's first accouchment, I came home from Guy's Hospital, where I had been detained since morning, and found her groaning and weeping with intense pain, the breasts red, and enormously enlarged, which the frightened nurse was vehemently rubbing with brandy and oil. The skin was excessively hot and dry, and the pulse was leaping along at the rate of 120°. It was in the month of January—so I walked into the street with a pail, which I filled with snow, and bringing it into the sick room, I piled a heap of it over both breasts, continually adding fresh snow as it melted. In a very few minutes the milk span out in a stream, to the distance of more than a foot, and the tears of torture were at once changed for those of pleasure, accompanied by that hysterical sobbing, which is the common result of a sudden transition from intense suffering to perfect ease. The mere absence of pain in these cases takes all the characters of the most delicious and positive pleasurable sensations. In half an hour the inflammation had subsided, the breasts had become *comparatively* flaccid, the fever had entirely subsided, and not only all danger, but all inconvenience, had

utterly vanished. But for this timely succor, supuration must have supervened in both breasts, and large abscesses would have been the *inevitable consequence*.—*Dr. Ed. Johnson.*

Deafness following Nervous Fever.

This case was given by the patient himself.

In his twelfth year, after a dangerous nervous fever, his hearing was found to be nearly gone. Opinions were obtained from the most eminent physicians in Germany, all of whom declared, after having experimented on him, that he would ever remain deaf, and that, as years advanced, the deafness would be more confirmed.

He arrived at Graefenberg in January, 1843

The treatment was as follows:—

Morning, wet-sheet, and plunging-bath, with rubbing; but for the first fortnight the bath was tepid.

Noon, head-bath, from 12 to fifteen minutes. After which a walk; then wet-sheet, followed by rubbing with the dripping-sheet (*abreibung*), and sitz-bath for twenty minutes.

Afternoon, head-bath; walk; wet-sheet, followed by plunge-bath, and hand-rubbing.

Night, head-bath twelve to fifteen minutes.

In eight days, on coming out of the plunge-bath, he perceived a difference in his power of hearing, as his nose, which had been long stopped up, had begun to cleans itself. The idea then occurred to him of sniffing water up his nostrils; he obtained Priessnitz's sanction, and thus conducted his operations:—

Head-bath, twelve and a half inches diameter, four and a half inches deep; from two to three inches of water.

1st. Face well rubbed with water twenty times.

2d. One side of his head immersed till cold, then rubbed till warm.

3d. Back of head, ditto.

4th. Ears well rubbed till warm, and again the side of the head immersed as before. This three times. The other side then followed, in a similar manner. Water now sniffed three times, and forced through the passages to the mouth ; the head then being thrown back, the water was returned by the same channels to the nostrils.

The face once more rubbed twenty times : again the water was sniffed, and again the head was immersed and rubbed. The sniffing was repeated, and the operation concluded by rubbing the face twenty times.

In *four weeks* he was enabled to hear distinctly. A quantity of white matter continued, however, to exude from his ears. Sweating was now ordered ; but it proved too much for him, causing him to swoon after the plunge-bath, and he was unable to resume it until he had been four months under treatment.

In four months and a half he commenced the douche, Priessnitz desiring him to proceed with great care, for fear of a relapse. For some weeks he only used it for one minute at a time, which he subsequently increased to five minutes. During the progress of the cure he had many attacks of fever, which readily yielded to the wet-sheet and *abreibung*.

When he arrived at Graefenberg he was in a state of great debility ; but when I became acquainted with him in June, he was one of the most robust of the patients. He took his departure on the 12th of July, deeply impressed with the value of hydropathy, and bearing within himself the best testimony to its power.—*Beamish*.

Hip-joint Disease.

In December of the last year, we were placed in communication by letter with the parents of a young gentleman who resided near to Edinburgh, on the subject of a disease which, from the description given, appeared to be rather referrible to the spine than the hip. Some directions as to constitutional treatment proved beneficial; but acting on a rule we have established, we declined further responsibility in the case at that distance. The youth (sixteen years of age) was then placed under the care of a surgeon in Edinburgh, who placed splints around the left hip, and bound them tightly down. Pain then began to be severely felt; and as the advice of the first surgical authority in Edinburgh only tended to the adoption of bleedings and blisterings over the hip-joint, the parents preferred to make a journey to Malvern, and see what could be done by the water-cure. The boy arrived here on the 16th of March. His habit of body was highly scrofulous, the left buttock was greatly enlarged, the left leg shorter than the right by three or four inches; there was severe pain on moving the leg, and also when the joint was pressed upon either directly, or by pushing up from the sole of the foot; there was no flexion of the thigh on the trunk, and there was much sympathetic pain in the knee. Every thing showed that the ball of the thigh bone was considerably protruded from the socket of the hip, constituting the formidable malady known as "hip-joint disease."

We commenced the treatment at once with wet sheets, in which he lay for an hour night and morning, and, as it was difficult to move him, his body was rubbed as he lay with wet towels when he came out of the sheets. A large compress was kept con-

stantly over the hip, and down to the knee. Frictions with the wet hand were also used. After a month of this, the sheets were suspended for a week or ten days, and warm fomentations of the belly employed. The sheets were subsequently and more vigorously used, with the cold shallow bath, into which the boy was lifted without bending a joint of either leg. He drank from six to ten tumblers of water daily; and he ate and slept uniformly well. Persevering in the-treatment, with slight variations according to uprising circumstances, the boy was enabled by the 20th of May to walk on crutches for half an hour, two or three times daily; a power that has been increasing ever since until now, (6th June); he can go up a hill with his crutches, and walk for an hour and a half at one time. The size of the buttock has become natural; the left leg is now only half an inch shorter than the sound one; indeed, by a trifling effort he can put the left foot flat upon the ground. He can also sit in an ordinary chair, and raise himself out of it without assistance. Meanwhile there are signs of an approaching crisis in the feet; and we make no doubt that this fine and interesting boy will leave this not only cured of the local disease, but with a constitution altered for the better, so as to prevent the possibility of its recurrence.

REMARKS.—When the above case had been under treatment about one month, we took an eminent physician, himself under treatment of the water-cure, to see it. After minute inspection, he shook his head incredulously, and observed to the mother of the youth, "*If the water treatment will cure this joint, it will cure anything.*" And he afterwards expressed to ourselves his total disbelief in the possi-

bility of such an event. It has, however, come to pass,—come to pass, too, in one of the worst constitutions that could have been selected. But herein is one of the chief beauties of our treatment, that during two entire months, in which the patient was stretched on a sofa without air or exercise, the processes of the water-cure were not only remedying the joint disease, but improving his general health. Had he been kept in the house, as he must have been, his joint leached, blistered, and burnt all the time, his inside worried with mercurials, iodine, tonics, and other supposed anti-scorfulous medicines, where would his general health have been? Gone, irrecoverably gone, we have no hesitation in saying. As it is, we have no question that he will grow into a strong and active man.—*Drs. Wilson and Gully.*

Symptomatic Fever. (Related by the Mother.)

Alexander Klauke, aged three years, was a fine lively child, but with a disposition to inflammatory affections of the stomach and bowels. A month previous to the present disease, he had an attack of inflammation of the stomach, accompanied with strong fever, and determination to the head. In the evening the child was put into a bath not quite cold, in which he remained about twenty minutes, additional cold water being added as the temperature arose by the heat from the child. During this time cold water was poured from a tumbler glass on the head, repeated at intervals of a minute, and, as is usual, his whole body was rubbed cautiously by the maid. He was then taken out of the bath and placed on the sofa, covered over with a sheet and blanket, with the back part of his head in cold water, for ten minutes. By this time reaction had

taken place, when wet compresses were applied to the head and back part of the neck, and the body, from the armpits to the hips, wrapped in a similar way. He slept quietly till three o'clock in the morning, when the same process was repeated, the previous symptoms having returned. The child was again placed in bed, where he slept till morning, and was then found to be quite well, and went out as usual.

A month after this attack he was taken ill in a similar way, but with symptoms much more severe. The fever running high, and accompanied by delirium. The treatment was commenced by placing him successively in nine wet sheets, from which the water was but slightly wrung out. In each of these he remained about five minutes. Towards the last, the heat being diminished, he was allowed to remain ten minutes. To the head and breast a thick wet compress was applied in addition, these being the parts where the heat was greatest. The feet were cold, and as long as they remained so the wet sheet was only applied down to the knees; in the mean time the feet and legs were rubbed strongly with the hands. While the extreme heat continued, the wet sheet was covered by a thick dry one instead of a blanket, as is usual, the feet only being covered (with the blanket.) After the last wet sheet, he was placed at once in a tepid bath, where he remained an hour, the same process of rubbing and pouring water over the head being practised. The first day the same process was repeated four times, the duration of the last being not so long, when the fever was not so high. During the night the wet cloth was changed every half hour. On the morning of the second day the child refused to go into the water, calling out himself at intervals for additional

wet sheets. Orders were given that the inclination of the child should be obeyed. In the course of the morning the child desired himself that he might be put into the bath, where he remained until the heat in the armpits and on the back of the neck was the same as on the rest of the body; this being the general guide for the duration of a bath.

The same treatment, slightly varied, was continued four days, when the child was well, and was sent out to play with the other children. In eight days after this a pustule appeared on the foot, which discharged matter freely.—*Dr. Ed. Johnson.*

Intense Nervous Indigestion, with Constipation, &c.

A lady, past sixty, came to Malvern to be under the care of Drs. Wilson and Gully. She had suffered for more than thirty years from indigestion, had severe illness, rheumatic fever, bile, acid, tic, violent headaches, palpitation of the heart, debility of limbs, nerves much shattered, thin and palid, very little appetite, a gnawing pain in the stomach after eating, weary pain in the back, and at the back of the neck: for twenty years her bowels were hardly ever moved but by medicines. For a month after her arrival in Malvern, she lived upon plain boiled rice, which gave her less pain to digest than any other food. The dripping sheet was first applied three times a day for five days, then the damp sheet an hour every morning, with the shallow bath after; sitz-bath at twelve, and shallow bath at night; her bowels were assisted by an enema every other day, first of tepid water, and then quite cold; she every day walked an hour before breakfast, and drank six tumblers full of water, and several more through the day. At the end of a fortnight, the pain after eating

subsided, her strength was much increased, and appetite improved. The sudorific blanket was next applied, followed by a cold shallow bath every morning, sitz-bath at twelve, and cold shallow bath at night. In six weeks she felt *perfectly well*, free from every pain and ache, and ready for every meal. Her food was then bread and butter, with at times an egg for breakfast, and a small cup of new milk. She dined at two, on roast meat and plain rice or potato, and every second day on eggless rice pudding. In two months she could walk ten or eleven miles a day, which she had not been able to do for forty years, and her bowels became perfectly regular.

Epilepsy.

The next case which I shall mention is one of epilepsy. On being introduced to this patient, a young Hungarian of about 27, he told me that he had been the subject of epilepsy for four years, having a recurrence of the fits about every ten days. He had been under treatment for four months, and was kept on a very scanty diet the whole of that time. He is now perfectly recovered, having had only one fit since he commenced the treatment, and that occurred *shortly* after his *first arrival* at the establishment. He was very pale, and considerably wasted, but was then gradually returning to a full diet, with a view to his returning home.

I suppose this case to be one of epilepsy, depending on irritation, set up in the brain, by the presence of some foreign body, probably a clot of blood; and that this clot, under the deprivation of food, had entered into combination with oxygen, in order that it might assist in protecting the vital organs from the destructive action of that element, and had quitted

the system in the form of oxydised products. The cases of palsy probably depended on similar causes, which are removed by similar means.

This gentleman has made copious notes, both of his case and of his treatment, which he intends to publish as soon as he returns to Pesth.—*Dr. Ed. Johnson.*

Bilious Fever.

A lady, thirty-nine years old, came to Malvern in the early part of April, to be treated for a complication of ailments, induced by mercury, which had been largely and repeatedly given for a bilious disorder. She was seized with bilious fever two days after her arrival here, and she had all the intense headache, nausea, foul tongue, thirst, constipated bowels, hot skin, &c., which characterise that kind of fever. As the fever was brief, so was the treatment, which consisted in cold hip-baths of half an hour, lying in wet sheets, followed by tepid shallow baths, and abundant drinking of cold water. The headache disappeared with the first hip-bath, and the other symptoms after four or five wet sheets, copious bilious evacuations terminating the malady in thirty-six hours from its commencement. The patient then had a long sleep, in the course of which profuse perspiration broke out, and she awoke cool, and without the smallest thirst. She is now under treatment for the restoration of the organic strength of which she had previously been deprived.—*Drs. Wilson and Gully.*

Gout and Rheumatism.

A gentleman, aged 44, of slight frame and delicate appearance, had received great trials to his constitution, from living in various climates under cir-

cumstances of immense exertion of mind and body; so that he incurred a severe liver disease, followed by both gout and rheumatism. His father had been a sufferer from gout and from tic-doloureux. He therefore had the hereditary predisposition. By treatment, his health was improved up to November, 1839, when, from exposure to wet in shooting, he experienced painful rheumatism or gout, for each name was given, in one knee-joint. It was so swollen and misshapen, that some thought it was dislocated. The frequent use of leeches; of iodine, externally and internally; of calomel; sarsaparilla and other medicines, formed the chief treatment. The disease increased severely. He describes that "the leg wasted away; that the hip had the appearance of being dislocated; and that some-inflammation became visible at the lower part of the spine, with frequent aching pain. The knee was so bent, from contraction, that the limb was drawn up almost to doubling, and quite useless; in addition to which, he was reduced to a skeleton, having lost all appetite and sleep." The actual cautery to the spine was proposed; but not having profited by any of the various means employed, he fell into despair, and was urged to try the water-cure at home. He here says, "I was so weak that I could only allow gentle measures. My diet was strictly regulated. I drank plenty of pure water; morning and evening had an abreibung and shallow tepid bath (66° Fah.); in the middle of the day, free ablutions of the whole limb, and wet bandage covered by dry. From the commencement I began to feel differently. Sleep and appetite soon returned; and, my strength gradually improving, I was able to bear the use of the sweating blanket, followed by the half-bath.—

Ere long, numerous biles appeared on the legs, which afforded great relief to the deep-seated pains." Had sitz-baths. In one month he was so much improved that he could use crutches for half an hour; and at the end of three months he had gained sufficient strength to undertake the journey to Graefenberg. But still having a very large number of boils in a state of suppuration, his nerves were greatly disturbed, and he was rendered very ill by travelling 500 miles; was much affected with cramps and hysteria. He arrived. Priessnitz told him he would recover, but a long time would be required. At first, his treatment was moderate, and afterwards increased, with a cautious use of the douche. He drank water very freely. For a time, its early morning use was slightly emetic; but this relieved him of bile and phlegm. In October, 1840, he could walk a little with two sticks. The boils increased over the body. In November, the weather being unfavorable, he took cold severely from accidental exposure, and new symptoms arose. An abscess gradually formed between the bladder and the rectum, and at length broke, the matter being discharged partly by the rectum, partly by the urethra. His cramps and pains of the bladder and bowels were so severe, that his life was in imminent danger. For a fortnight he was without sleep, could not take any food, and for ten days had water only to support him, if support it could be called. Cold water lavements, half and quarter baths, fomentations, and wet linen rubbings, all more tepid than usual (80°,) were freely employed. When the abscess found free vent, the symptoms so much abated, that a little sleep and the capability of taking some nourishment returned. He gradually improved, so that

by the middle of January, 1841, he could again walk, with two stieks about the house. Now more active treatment was resumed; and even the sweating in the blanket twice a week, and the cautious use of the douche. The progress of cure became very favorable. Before the end of summer he was able to take exercise and enjoy the mountain air; and appetite and sleep returned favorably.

In April, 1842, he was sufficiently recovered to leave Graefenberg, with the use of the limb quite restored, all contraction being removed, and the general flesh, strength, and spirits quite regained. He was the wonder of Graefenberg! I saw this gentleman about ten weeks ago. He was in good health and spirits; but felt the necessity of avoiding great fatigue; as in such cases he was reminded, by achings, that his limb, although so happily restored, could not possess the vigor of one that had never been diseased. In a review of all the circumstances of this important case, infinite praise was due to Priessnitz for its management. He had been indefatigable in his attentions.—*Sir Charles Scudamore.*

Nervous Indigestion, with Skin Disease.

We give this case in the words of the patient, who appends his name to it, and is well known in this parish.—*Drs. Wilson and Gully.*

“I am now fifty years of age, and have had a bad stomach for nearly the last thirty years. All that time I have been tormented by uneasiness after eating, and the food returning an hour or two after taking it. It always came back to my mouth just as I had eaten it. My bowels were always obstinate; indeed I never was without uneasiness from them and from the stomach. Now and then, about

once in a fortnight or three weeks, I had tremendous headache, which lasted generally twenty-four or thirty-six hours, and went off with a large discharge of clear urine. So much for my stomach disease. About thirty years ago, a small patch of eruption came on the upper part of the leg, and itched dreadfully at night. Every night, as soon as I was warm in bed, it awoke me and obliged me to scratch it until some moisture came from it; it then became easier, and I got to sleep again, but awoke again in the course of half an hour or an hour with the itching. This was the case for full thirty years, and I can safely say that during all that time my rest was constantly interrupted. I tried all kinds of prescriptions, and consulted medical gentlemen without number. Between the disorder of the stomach, and the skin disease, and want of sleep, my health became so bad as to oblige me to give up a good business I had in Worcester, and came to Malvern to try what living there would do. I have now been eight years here, but was no better until about six months ago. As every thing else had failed, I took to the water-cure under the care of Dr. Wilson and Dr. Gully. I have had the wet sheet, have sweated in the blankets, and used hip-baths since last December. I have worn a compress over the bowels, and one over the skin complaint constantly. By persevering in these, I got to keep my food down much better. My bowels are now open regularly once a day. I have gained flesh, and the color of my face is quite changed. The best of all is, that the skin disease is so much better that I get as much as five and six hours sleep every night, and often without waking at all. Circumstances have prevented me from pursuing the water treatment the

last four or five weeks, but I shall begin again in a few days, and continue all the summer. I fully hope to be quite cured by the end of the summer, and look forward, as may be supposed, with great pleasure to being quite rid of my complaints, for which I had for so many years swallowed such quantities of physic, and paid so much money, without getting the smallest relief.

D. MAYER.

“*Malvern, May, 31, 1843.*”

Hypochondriasis, Psoriasis, and Sciatica.

The gentleman, (an Englishman,) about sixty years of age, who was the subject of these three severe afflictions, belonged formerly to the civil service in India. I made his acquaintance at Graefenberg immediately on my arrival, and am indebted to him for introductions to several valuable cases besides his own. He had labored under these afflictions for eight years. Shortly after he had become the subject of sciatica and psoriasis, (which latter disease his French medical advisers denominated *dartre farineuse*,) his mind became excessively excited by some family occurrences, with the particulars of which he did not, of course, think it necessary to acquaint me. In a short time, what with the excitement, the torture arising from his sciatica, (inflammation of the sheath of the great sciatic nerve, where it passes through the structure of the hip,) and the intolerable *itching* produced by the skin disease, the equilibrium of his mind became so much disturbed that he was not considered in a fit condition to be left by himself. Always in a state of high excitement, there were times when he was perfectly insane.

For eight years, the sufferings of this poor gen-

tleman, bodily and mental, were indeed awful.— When I asked him to give me a detailed account of his sufferings, he sat thoughtful for a moment, and then, going to a table, he took up a small pocket book, and opening it at a particular page, and placing his forefinger between the leaves, he reseated himself. “Some time ago,” said he, “I was perusing the book of Deuteronomy; and in the course of my reading, the passages which I have copied into this pocket-book riveted my attention. They were so exactly characteristic of my sufferings, that I almost fancied myself the particular object of the divine wrath, and that I was even then realizing the fearful denunciations which those passages of scripture contained. No language of mine can so truthfully or so forcibly convey to you the horrors under which I was laboring both in body and mind. Read them,” continued he, “and judge whether I have not great reason to be thankful that I am *now* such as you see me.” He handed me the book, and I read as follows: “The Lord will smite thee with the botch of Egypt and with the emerods, and with the scab, and with the itch, whereof thou canst not be healed. The Lord shall smite thee with madness, and blindness, and astonishment of heart. The Lord shall smite thee in the knees, and in the legs, with a sore botch that cannot be healed, from the sole of thy foot to the top of thy head: and thy life shall hang in doubt before thee; and thou shalt fear day and night, and shalt have none assurance of thy life. In the morning thou shalt say, ‘Would God it were even;’ and at even thou shalt say, ‘Would God it were morning!’”

“At the time,” continued he, when I had done reading, “that I was perusing those passages, these

terrible denunciations were most of them actually realized in my person. I trembled as I read—for at that moment I was covered, ‘*from the sole of my foot to the top of my head,*’ with an intolerable itching botch. I was even then ‘*smitten in the knees and in the legs with a sore botch,*’ and was covered with scabs. Madness, and blindness of the understanding, and astonishment of heart, were also mine. I had indeed ‘*no assurance of my life,*’ for I was often sorely tempted to destroy it; and every morning I wished it were night, and at night I longed for the morning—and every effort I had made to get ‘*healed*’ had been utterly in vain.”

This gentleman had then been under the water-cure about three months. His sciatica had entirely left him—the eruption was nearly gone—the itching had wholly ceased—while the state of his mind was perfectly calm, cheerful, rational, and full of thankfulness.

So fully satisfied was he that he should get entirely well, that he left Graefenberg about a week before myself, in order to bring the whole of his family back with him—partly that he might have the comfort of their society for the rest of the time that it would be necessary for him to remain under the cure, and partly in order to submit his daughter, who had ill health, to the same remedy which had proved so signal a blessing to himself.—*Dr. Ed. Johnson.*

Indigestion, Rheumatism, and Spitting of Blood.

A gentleman, aged 40, tall and slight, appearing free from complaint, gave me the following account. When a boy at school in Germany, he was compelled, with the rest of the boys, to take a purgative every Saturday morning; and thinks that from this

unfortunate and absurd practice he acquired the subsequent necessity, and that an increased one, of resorting to medicine. He was subject to great depression of spirits, inaptitude to exertion, rheumatic pains, shortness of breath on ascending a hill, and occasional spitting of blood of a scarlet hue. He had tried various medicines, and long persisted with a slight mercurial alterative; but, he says, without improvement. He was dependent on lavements for any action of the bowels. He went to an establishment near his home, where he was sweated in the blanket every day, had the plunging-bath, and other means; but he did not feel equal to the perseverance in such treatment, and went to Graefenberg, where he had been nine months when I first saw him, remaining, however, more from choice than necessity. His treatment had been lein-tuch in the first of the morning, avoiding the perspiring, followed by the tepid and plunging baths in succession; an occasional abreibung; two sitz-baths every day, at first tepid, afterwards cold; body bandage.* He drank from 10 to 12 glasses of water. After two months, he used a douche daily. His recovery was perfect, and he was an excellent specimen of the good effects of the water cure. In a few weeks after using it, his digestion became quite regular.—*Sir Charles Scudamore.*

Catarrh, or Cold.

Mrs. —, an English lady now at Graefenberg, on her husband's account, was subject, in England, to very severe attacks of catarrh, which usually lasted her a month before she could get entirely rid of it.

* In future this is to be understood, if not mentioned; the exception to its use being very rare

Soon after her arrival at Graefenberg she had a very severe attack. She was treated by the wet sheet and tepid bath alternately for *two days*, which entirely removed every trace of the catarrh.—*Dr. Ed. Johnson.*

Gout.

An Austrian officer, aged 47, tall and robust, had acquired gout in the ankle and side of the foot at 37, and since in various parts, never escaping a winter till the last, and having fits of from 6 to 9 weeks in duration. He had been at Graefenberg 11 months. on his first arrival, the limbs were very infirm, the ankles swollen, and the feet and knees severely affected with chronic pains, giving him a dread of attempting walking exercise. He had previously been treated with various medicines, and with calomel very freely. He began with the use of from 2 to 4 abreibungen daily; then two lein-tuchs, followed by the shallow bath; afterwards by the plunging bath; next, the sweating in the blanket each other day, until crisis formed extensively on the legs, when it was discontinued; and he had also a strong vesicular rash on the body, with a line of demarcation exact with the bandage.

He experienced immediate and very complete relief to the pains of the knees and ankles when the boils appeared. Afterwards, they formed also on the knees, arms, and shoulders. When the crisis subsided, he douched twice a day for eight minutes, instead of using the plunging-bath, as he thought it suited him better, and proved more favorable in producing good crisis; for the chronic pains had returned occasionally, but were invariably relieved by the formation of boils. When I saw him he was almost perfectly restored to health. He related that

he had derived great strength to his ankles from the daily use of a cold foot-bath, deeper than usual; that when he did use the blankets, he found the afternoon more favorable than the morning for the producing of perspiration; and this, he thought, especially as he had a quick digestion. For those who might have a weak and slow digestion, he considered it, from observations he had made, an unfavorable time. This gentleman was so well recovered that he was about to leave Graefenberg.—*Sir C. Scudamore.*

Ague.

A general officer in the British army, well known at the horse-guards, still staying at Bœmischdorf, and whose permission I have to give his name to any private applicant, was attacked with ague. After enduring two or three fits, in the hope that it would leave him, he sent for Priessnitz. When Priessnitz arrived he was in the third or sweating stage. He was immediately placed in a bath at 60 degrees of Reaumur, or 68 of Fahrenheit. Here he was kept for twenty minutes, being well rubbed all the time by two men. After this he walked about the apartment for half an hour, and then went to bed. The ague left him, and never returned.—*Dr. Ed. Johnson.*

Ague and Fever of an Infant.

This infant having lost its mother at its birth, a wet nurse was procured, such as was considered by the physicians to be a healthy one. The child was removed to a plantation, where ague and fever was common. After remaining a while, the nurse was taken with the ague, and subsequently the child.

Both had the disease severely. At the commencement the nurse (a young woman) was healthy and strong. Her diet and general regimen were, however, as bad as could well be;—consisting much of bacon, fine bread, butter, gravies, *very strong tea and coffee, wines, &c.*, which things, also, the child was taught to take. The usual anodyne and purgative medicines were taken by the nurse, and given to the child. *At first*, the little one was the picture of health and cheerfulness. At seven months, in an almost dying state, it was necessary to take it from the nurse. Its eyes were glassy—its head languidly dropping upon the shoulder, and its naturally clear and white skin had changed to a uniform yellow, almost like that of a mulatto. Its lips were compressed, and nearly the same color as the face. It was of course much emaciated—its cheeks hanging down, and its whole expression one of continual suffering. For weeks it had not been seen to smile. It was now put under the water-cure treatment, and at the same time weaned. The chill and fever took place every other day. At first, on “the well day,” wet sheet sweating was produced, accompanied by various bathings. Never before had the child been given a drop of water. Now it took it greedily, and soon rejected its accustomed drinks. On the “sick day,” it being the *second* of the cure, very active treatment prevented the chill and fever, *and it was never allowed to return.*—*Water-Cure for Ladies.*

Nervous Debility and Sleeplessness.

A lady, aged 27, had typhus fever, from which she dates her loss of health. Subsequently, she had a fall from a horse, causing concussion of the brain; and, on another occasion, a severe contusion of the

head, with a wound by the falling of a beam. For a long while, she experienced intense sufferings, from which she never recovered; and she came to Graefenberg with the following symptoms: frequent severe pains of the head, with a strong sensation of burning heat of the scalp; hearing and sight affected; although in a highly nervous state, and seldom sleeping more than an hour in the night; all the functions irregular; the feet almost constantly affected with icy coldness: with frequent pains and oppression in the hypogastric region. She had always received more benefit from cold water applications than any other means, and especially from using the *mer de glace*, (a stream derived from the melting of ice and snow from the mountains,) in Switzerland, as a bath. Very active medical treatment had been used at different periods: leeches and blisters to the spine again and again; and courses of medicine of various kinds.

On her arrival she was put on the following treatment. In the morning early, lein-tueh, tepid bath (Reaumur 14°,) and plunging bath in immediate succession. Abreibung and sitz-bath in the middle of the day; a regular head-bath once in the day; and whenever painful and heated, to apply cold water freely by the hand, and leave wet compress on any heated part. The foot-bath once or twice a-day; rubbing the legs also with the water, for they were affected with weakness and swelling. An eruption of irritable pimples appeared, which was treated with wet bandages covered by dry. Priessnitz was glad to see this early crisis. The body bandage was used. She drank a medium quantity of water, and was much in the air: but she could not take great exercise. At a particular period, the

nervous system was greatly disturbed; and there was some hysteria, with much affection of the head. In these circumstances, Priessnitz directed four abreibungen in the morning, and four in the afternoon, with intervals of half an hour, during which she went into bed, to gain composure and warmth. She did not complain of this troublesome treatment, and acknowledged the very considerable relief which it afforded her. On my quitting, I compared her state with what it was on her arrival, with great satisfaction. Her health was in every respect materially improved; and the head so relieved that she could sleep comfortably. There was every promise of the case proceeding to a favorable issue.—*Sir Charles Scudamore.*

Stomach, Liver, and Skin Disease, with Tic.*

After living from six to seven years in hospitals and anatomical rooms, and not attending very particularly to eating and *drinking*, I established the first stage of a stomach complaint. This was confirmed by about the same period spent in an extensive private practice in London, with the same want of attention to diet, &c. When I left London, my stomach would scarcely digest anything. I had tic douloureux, and a skin disease on both legs, which, by way of consolation, in the last consultation I had in London, a physician told me I might expect to see spread all over the body, for there was a slight appearance of it already in the skin under the whiskers. I spent about four years on the continent, passing the winters in Italy, and the summers in Germany—every year becoming worse.

* The case of one of the authors, Dr. Wilson.

During the winter I wore two pairs of flannel drawers—ditto waistcoats—and a great-coat—and was always on the look-out for drafts and cold. For eighteen months before I went to Graefenberg, I had on an average rejected my dinner four times a week; but without sickness, and merely from its *weight*, and the malaise it caused. I tried the most approved systems of medicinal treatment—dieting, leeching, small blisters, lotions, and ointments of every description to the skin disease. I visited all the capital cities of Europe, and consulted the leading men in them, but without any benefit.

I was altogether fifteen months under treatment by the water-cure, before the skin disease was completely removed—nine of these months very actively, at Graefenberg. When I left off the water-cure, I was robust, instead of a skeleton—my tic and skin disease were gone, and I had the appetite and digestion of a ploughman. Whilst in a crisis, the town of Friwaldau was on fire. I was out all night, wet, &c.; this brought on a violent fever. I treated myself with wet sheets, &c., and in a few days I was well. I had afterwards intense jaundice from the passage of gall stones, and I again felt the benign influence of the water-cure. I have felt it since in being able to undergo labor that I was never before capable of, and I shall feel it to my last day as one of the greatest blessings that modern times has given to ailing man.—*Dr. James Wilson.*

Indigestion, Distress and Depression of Spirits.

A clergyman and schoolmaster, aged 35, had too intensely exercised his mind and feelings, and brought on so distressing a state of nervousness, that, in preaching, he became painfully confused in a

quarter of an hour. He had severe indigestion, with opposite states of the bowels, but most commonly inert; head-ache with confusion, noises of the ears, and dimness of sight; heat of the scalp, and extreme coldness of the feet; depression of spirits, with such distress that he was incapable of any mental exertion, being an ardent student. He was much affected by every change of weather. His treatment consisted of lein-tuch and tepid bath, with plunging bath, sitz-bath, head-bath three times a day, foot-bath twice a day, the soles of the feet being diligently rubbed; the body bandage. He drank water freely; and he had abreibung whenever the head was more than usually uncomfortable. After about a fortnight, the use of the douche was added to the treatment.

He described, in glowing terms, the happy improvement which he received after ten days' treatment, and especially in his digestion and the state of his head; but when he had employed the douche for a week, he was apprehensive that it did not suit his nerves, for his head became painful and confused after using it.

In all these cases of great morbid sensibility of the nerves of the head, it appears to me that the application of the volume douche, if ever used, should be much delayed; and that the jet shower bath, applied with only moderate force, continued from one to three minutes, is a more appropriate remedy.

It is very obvious that, in the management of all delicate and difficult cases, a good medical judgment is required to adapt the treatment to the many changing circumstances which must occur.—*Sir Charles Scudamore.*

Supposed Consumption, &c.

The Reverend M—, about thirty-six years of age, supposed himself consumptive, and it was with the greatest difficulty I could convince him that he had not a decided chest complaint, as he had tried all kinds of remedies in vain. His first consultation with me was more particularly to know what warm climate I would recommend to him for the winter, as he found himself unable to continue his duties.

I found him in the following state. He had a short hacking cough; he was sensitive to a degree of changes to temperature, which induced him to clothe as thickly as possible with flannel. Headache and indigestion were constant symptoms; stomach and bowels always out of order, and he was highly nervous. He could scarcely be induced by his friends and myself to try the water-cure, entertaining an excessive fear of the contact of cold water. I put him through a gentle course of treatment, and he progressed rapidly.

After a few weeks he returned home, and pursued such part of the treatment as was practicable and compatible with his arduous duties. These duties he now performs with ease and cheerfulness. My friend, Mr. W. Whitmore, informed me a few days ago, that this patient is gaining strength every day, that he looks forward to the dreaded winter with pleasure, and that he is the wonder of the neighborhood.*

Cases of this kind are frequently met with on the continent, where the subjects of them go in search of health. At Rome I saw many such, and amongst

* This gentleman has ever since, now above eight months, been able to perform two full church services, and is in excellent health.

them a number of clergymen going on from bad to worse, the appetite decreasing, strength lapsing, the tone of the skin becoming less and less. These cases, often commencing in mental work and irritation, lead on to derangement of the stomach and bowels, are accompanied with stomach cough and extreme readiness to take cold, and not unfrequently terminate in substantial disease of the lungs:—a conclusion which is never prevented by the system of drug remedying they too often go through, which, on the contrary, leads to hotter rooms, warmer clothing, more stimulating drinks, and additional chilliness and debility. It is really quite melancholy to see many of them in Italy—far from their friends and their occupation—shivering at the bare thought of the bracing and healthy winter of their native isle, and feeling actually more cold than their countrymen on the banks of the Thames.—*Drs. Wilson and Gully.*

Sciatica, with Lumbago.

Monsieur Varnod was afflicted with sciatica for *three years*, so severely that it was with great difficulty he could walk even with the aid of a stick.—Every ordinary means of cure had been resorted to without effect. He was at last prevailed upon to visit a water establishment at Innspruck. With great pain and difficulty he was got down to the side of the cold bath; and here it required a great exertion of courage in a lame man, and one who could not on any sudden emergency move his limbs without excruciating pain—I quite agree with him, that it required great courage in one so situated to allow himself to be tumbled heels over head into the water. With fear and trembling, however, he submitted, and

to his utter astonishment found that while in the water he could move his limb without the slightest pain or inconvenience. The pain had entirely vanished, and from that moment to this it has never returned, nor does he exhibit the slightest indication of lameness or weakness in either of his legs. He is now at Graefenberg for another disease—a disease of the skin.—*Dr. Ed. Johnson.*

Indigestion and Sore Throat.

(By the Patient, aged between 40 and 50.)

“I arrived at Graefenberg 15th of July, 1842; my complaint, as described by my physician, being ‘bad digestion and sore throat.’

“I have *always* been subject to irritation of the throat, more or less, from a boy; within the last eight years, it has troubled me more, and given either real or fancied cause of uneasiness.

“For years, previous to 1835, I was subject to *boils*, which gave me much pain and annoyance. Up to this period, my throat gave me little or no trouble; was generally, though relaxed, free from phlegm. The end of 1835, I began an aperient pill; I took one, generally, daily till 1842, up to the time of my coming here. Soon after I began to take this pill, *the boils ceased*, and my throat gradually grew worse; though I felt more comfortable in my digestion, my throat got worse—more and more troublesome.

“For nearly twenty years I had constantly taken wine and spirits *freely*. When I came here I was much more corpulent than I am now; and my whole system seemed deranged. I was nervous, and like a *barometer*. I could not venture, after exercise,

into a church, or into any large cold building, for fear of taking cold, which I almost invariably did, and this always affected my *throat*; sometimes laid me up for a week in my bed-room. I attribute this sensitiveness to having taken, seven years ago, a quantity of mercury, which has come out here, making my mouth sore, and affecting my breath strongly occasionally. This, I believe, has now ceased. I am less sensible now to changes of temperature. For years I have been unable to take walking exercise in a week, equal to that which I can now take in a day. Previously to coming here I always *rode* everywhere. I had pains in the stomach and in the feet, with redness in the hands and knuckles, and in the legs: in all these there is now no pain, having had crisis in them. The arms are still painful, but I have had no boils or crisis in *them* yet. My digestion is better, my throat is better, and progressively improving. I have no pain.

“*Treatment*, commenced July 16, 1842: The first five weeks, lein-tuch, at 5 in the morning, one hour; then, abgeschreckte (tepid) bath, 13° Reaumur, 3 minutes; an umschlag round the body; then walk an hour; then breakfast; at 11, abreibung; then wait a quarter of an hour; then sitz-bath a quarter of an hour; then a walk, then dine. The same at 4 p. m.; got better daily.

“For six weeks, all the operations, as above, were continued; and the douche at 9 a. m. for 2 minutes, which was gradually increased to 7 minutes, I took regularly for six months, and during the winter.

“The 9th week, in addition to the sitz-bath, I took the cold bath every morning; then, lein-tuch one hour, tepid bath one minute, cold bath two plunges, then tepid again one minute. I have

lately omitted the douche and cold bath, in consequence of having crises. When I was first enveloped in the wet sheet, a strong sour smell, like mellow apples, proceeded from me, and filled the room; and was of so subtle a quality as to be with difficulty washed out of the blankets. I had never experienced this odour before. Priessnitz told me that it must all come out, for I could never get better till it was entirely removed. This smell has not been perceptible the last three days.

“I have daily, by order, taken 10 or 12 glasses of water, 5 before breakfast, the rest distributed at intervals. Before breakfast, much mucus has been ejected from the stomach, very sour and bitter, sometimes of a green color, sometimes yellow. I have still eructations of water before breakfast, but not sour; and now and then a little froth and phlegm. Upon the whole, I am quite satisfied, and consider my coming here providential; for, in England, I could find no certain remedy for one thing that did not cause inconvenience and disorder of some other kind.

“When I showed Priessnitz my throat, he said, ‘This is caused by your stomach, which must be set right before your throat will be better; besides, your nervous system is all wrong; but I have hopes I can make a different man of you; you must get thinner, and then your digestion and throat will both get better.’ ”

He had pursued active treatment for ten months; a duration that may appear surprising. The throat has been his greatest trouble. The mucous membrane had long been diseased; and at one time the uvula had become so elongated, that a portion of it

was excised. He might probably have desisted from such a regular proceeding as he was still pursuing, some time past ; but his determination was to stay at Graefenberg, under treatment, as long as a vestige of complaint remained, so truly did he enjoy and estimate the great improvement which he had received. The odour of which he speaks was connected, I have no doubt, with the gouty diathesis. He had experienced occasional gout. He told me that, on his first arrival, he had scarcely the feeling of energy to cross the road. I saw abundant proof of his acquired activity ; and he looked strong and well.—*Sir Charles Scudamore.*

Urinary Fistula.

A gentleman, aged 18, slight and rather delicate, received a severe contusion in the perinæum and neighboring parts by a fall from a horse ; to which was attributed the formation of a fistula, and one of a complicated nature, attended with much ulceration and very severe pain and inconvenience. The surgeons wished to operate, but his father determined on taking him to Graefenberg. Priessnitz directed an abreibung twice a day, and unschlags to the affected parts. In the progressive treatment were used lein-tuchs, plunging bath, and douche ; and, at the end of a month, he obtained a perfect cure. The healing was complete.

This case cannot fail to interest the surgical reader. The symptoms had been of an urgent character ; the bladder and rectum being affected with very painful irritation ; and, at the commencement of the water-cure, the ulcerated parts appeared in a very unhealthy condition.—*Sir C. Scudamore.*

Dyspepsia and Rheumatism.

Herr Baumann, a builder, from Saxe Wiemar, 45 years of age, suffering under rheumatism, dyspepsia, nervous debility, and with a constitution, to all appearance, quite broken. The first crisis made its appearance in the form of the usual eruption, and he felt himself relieved. Some time after this, however, he had another crisis, consisting of what are called furunculi, or boils. He now began to mend rapidly. His dyspeptic symptoms left him, his rheumatic pains ceased, his nervous debility gradually vanished, and his health is now firm, strong and good.

Mr. J. B. S——, a gentleman of Manchester, came to Graefenberg in June last. I had the history of the case from his own mouth. His case was one of confirmed and obstinate dyspepsia of four years' standing. Being a man of property, he took the advice of the most eminent physicians, who, having failed in relieving him, finally recommended him to travel in a warmer climate. In obedience to advice he went to Rome. Here he improved a little for a short time, and then became again as ill as he was when he set out.

While travelling on the continent he accidentally made the acquaintance of a Captain Fuminelli, of Venice, to whom he related his case, and the object of his travel—a search after health. The captain, now the strongest man in Venice, and who had himself been raised from a sickly condition to one of high health, by the sole use of cold water, at once strongly recommended him to repair to Graefenberg, and he came accordingly. When he arrived, his symptoms were these—first, great general physical debility, so that he could not walk even a small

distance without great fatigue and exhaustion. He was the subject of constant heartburn—his tongue exceedingly foul—his appetite capricious—and his stools invariably presented the appearance of little, hard, stony balls. He was perpetually annoyed by *sighing and gaping*, which he could not resist even when engaged in conversation—proofs of great vital debility. In addition to all this he had a constant and severe pain in his left side.

This was his condition for four years. These were the symptoms which had obstinately resisted the most judicious medical treatment under the ablest medical advice in England. The first sensible effects of the treatment were manifested in the changed appearance of the alvine evacuations.—These became large, hard, dry, and solid, and their expulsion exceedingly painful. For this he was ordered a wet bandage around the body, covering the whole abdomen and stomach. In two days his motions assumed a perfectly natural and healthy appearance. He now made rapid progress. His tongue became cleaner, the pain in the side greatly relieved, the heartburn left him, his appetite became steady and good, his strength greatly increased, and felt so well that he made up his mind to discontinue the treatment and go home. He was not, however, yet quite well, for as soon as he left off the treatment his health flagged, and he describes his feelings as resembling those of one who suddenly loses some long-continued cause of excitement. He felt low, depressed, and was obliged to resume his treatment. After having undergone the treatment for some weeks longer, however, he entirely recovered both his health and strength, and could spend a whole day in climbing the mountains, without suffering more fa-

tigue than would necessarily be felt by a strong and healthy man. He has now been in perfect health for four months, during the whole of which time he has entirely discontinued the treatment, with the exception of an ordinary cold bath every morning. He only remains at Graefenberg on his wife's account, who has also been undergoing the treatment, and whose case he has likewise permitted me to publish.

Mr. J. B. S.——'s crisis occurred about the eighth week after he commenced the treatment, in the form of a thick rash, which entirely covered his legs, thighs, and arms. Immediately after the appearance of this eruption, the pain in the side began to decrease, and with it the eruption also disappeared. He declares to me that he cannot remember the time when he felt himself in such good health and strength as he is at this moment.—*Dr. Ed. Johnson.*

Inflammation of the Stomach and Bowels.

A fine, lively boy, aged three years, in general well, yet subject to inflammation of the stomach and bowels.*

He had an attack of inflammation of the stomach, accompanied by sickness, with strong fever and determination to the head. In the evening, the child was placed in a bath at 70° Fah., in which he remained 20 minutes; cold water was added as the temperature rose. During this time, cold water was poured from a tumbler on his head, repeated at intervals of a minute; and, as usual, his whole body was care-

* In those dangerous attacks of enteritis, attended with obstruction of the bowels and excruciating pain, under which the stomach absolutely resists the introduction of all medicine, I should in future have recourse to certain water cure processes and treatment, in preference to the ordinary method of practice.

fully rubbed. He was then taken out and placed on the sofa, and covered with a sheet and blanket, with the back of his head in cold water for ten minutes. By this time, reaction had taken place, when wet compresses were applied to the head and back of the neck; and the body, from under the arms to the hips, was wrapped in a similar way. He slept quietly till three in the morning, when the previous symptoms having partially returned, the first treatment was repeated; after which the child was again placed in bed, where he slept till morning, and was then quite well, and went out as usual.

One month after this attack, he was taken ill in a similar way, but with symptoms much more severe: the fever running high, accompanied with delirium. The treatment was commenced by placing him successively in nine wet sheets, from which the water was but slightly wrung out. In each of these he remained about five minutes; towards the last, the heat being diminished, he was allowed to remain ten minutes. The feet were cold; and, as long as they remained so, the wet sheet was only applied down to the knees; meantime, the feet and legs were rubbed strongly with the hands.

While the extreme heat continued, the wet sheet was covered by a thick, dry one, instead of a blanket, as is usual. After the application of the last wet sheet, he was placed in a bath of 70° , where he remained nearly an hour; the same process of rubbing and pouring water over the head being practised. The first day, the same process was repeated four times; the duration of the bath being not so long when the fever was not so high. During the night, the wet sheet was changed almost every hour. On the morning of the second day, the child refused

to go into the bath, calling out himself, at intervals, for additional wet sheets. Orders were given that his inclination should be complied with. In the course of the morning, the child himself desired that he might be put into the bath, where he remained till the heat under the arms and on the back of the neck was the same as the rest of the body; this equality of temperature being the general guide for the duration of a bath. It is worthy of remark, that the more the fever was reduced, the more quiet the little patient became, till at last he remained in the bath perfectly tranquil. The same treatment, slightly varied, was continued four days, when the child was well, and was sent out to play with the other children. In eight days after this, a pustule appeared on the foot, containing matter, which discharged freely.

Observation.—This case might probably have passed into continued infantile fever, had it not been in this manner promptly and successfully treated. When fever runs very high, as shown by the burning skin, delirium, and other symptoms, it is a good modification of the use of the lein-tuch to cover it with a dry sheet, instead of the blanket and packing up in the usual manner.—*Sir Charles Scudamore.*

Asthma and Hernia.

A female servant, aged 35, had suffered from difficulty of breathing during the last five or six years, in consequence of an acute attack of bronchitis, which she underwent in India; was unable to ascend a hill or to make any extraordinary continued exertion without much distress. She has also, during the last few years, whilst residing in India, suffered from severe affections of the bowels.

One of these, the last, occurred in August, 1842, and was very severe, and attended with symptoms of much inflammation, for which she was leeched and blistered. She recovered but slowly from this attack, and it was shortly followed by psoas abscess, which pointed below Poupart's ligament, (in the groin,) and was opened. Towards the end of September, she was obliged to travel with her master and mistress on the way to Bombay, but was conveyed in a palanquin. During her stay in Bombay in November, whilst still very weak, she was exposed, in a tent, to wet feet during an entire day, in the discharge of her duties, and caught cold, which brought on, as she states, inflammation of the bowels; and being also at this time much occupied in the care of children, one an infant, and in the packing and lifting of trunks, her hernia (femoral) occurred at this time, on the same side on which the abscess had been shortly before. She continued in delicate health till her arrival in Malta, where she sought medical advice for the first time since the occurrence of the hernia in the end of February. She left her service early in March, being unable to carry the children, and went to Graefenberg to place herself under the treatment of Priessnitz. She was very asthmatic at this time.

He commenced her treatment the first week in April, ordering her a lein-tuch every morning, to be succeeded by an abreibung, and this followed by a sitz-bath; the abreibung and sitz-bath to be repeated at 12 o'clock, and the lein-tuch, abreibung and sitz-bath, at 4 P. M. every day; to wear a wet bandage, night and day, round her loins, and to wear a truss upon the situation of the hernia, which was not to be removed night or day.

After having been a month under the fore mentioned treatment, she complained of very severe pain in the region of the bowels; upon being informed of which, Priessnitz directed that she should have an abreibung every ten minutes until she should obtain relief, and to walk up and down the room wrapped in a dry blanket between each. Every abreibung relieved her; and when she had taken six, she became quite comfortable.

In the course of the treatment, the eatamenia occurring, apprehension was entertained of the probable injury from continuing the treatment; in consequence of which, the advice of Priessnitz was sought, and he directed that there should not be allowed any interruption. The effect was complete relief from the distressing pains habitually attending the performance of this function, the quantity of the discharge was much increased, but did not continue longer than the usual time, and no weakness was experienced. Upon the return of the periodical function, the same relief from pain was experienced, the quantity was not excessive, the interval was nearer to the natural period than usual, and the discharge did not continue. She now enjoys good general health and strength (May 24th,) and no longer suffers from asthma. Her hernia also she considers decidedly better; the truss is still worn; but she has not noticed, as formerly, any tendency to the descent of the bowels.—*Sir Charles Scudamore.*

Rules for Diet and Digestion.

The following rules are drawn from Dr. Beaumont's well known Observations and Experiments, perseveringly made upon a healthy young man, whose stomach was exposed by a wound which heal-

ed, leaving an external opening. The rules are valuable for all, whether sick or well.

1. "Bulk is nearly as necessary to the articles of diet as the nutrient principle. They should be so managed that one will be in proportion to the other. Too highly nutritive diet is probably as fatal to life and health as that which is insufficient in nourishment."

2. The more plain and simple the preparation of food, and the less of seasonings of any kind, the better for health. "Stimulating condiments," (salt, pepper, vinegar, mustard, &c.,) "instead of being used with impunity, are actually prejudicial to the healthy stomach. "Though they may assist the action of a debilitated stomach for a time, their continued use never fails to produce an indirect debility of that organ. They affect it *as alcohol* or other stimulants do—the present relief afforded is at the expense of future suffering."

3. Thorough mastication and slow swallowing are of great importance.

4. A due *quantity* of food is of the utmost importance. "There is no subject of dietetic economy," says Dr. B., "about which people are so much in error as that which relates to *quantity*." "*Dyspepsia is oftener the effect of overeating and overdrinking than any cause.*"

5. Solid food, if properly masticated, is more easy of digestion than soups and broths.

6. Butter, fat meat, and all oily substances, being always hard of digestion, tending to derangement of the stomach, are better omitted.

7. Aleoholic liquors of every form, the various stimulating condiments, as mustard, pepper, spice, &c.; tea coffee, and narcotics of ever kind, all tend to debility, derangement, and disease of the stomach, and, through it, of the whole system. i

8. *Simple pure water is the only fluid necessary for drink, or for the wants of the system.* The artificial drinks are *all* more or less injurious. “*Tea and coffee,*” says Dr. B., “the common beverages of all classes of people, have a tendency to debilitate the digestive organs. Let any one who is in the habit of drinking either of these articles in a weak decoction, take two or three cups, made very strong, and he will soon be aware of their injurious tendency; and this is only an *addition* to the strength of the narcotic which he is in the constant habit of using.”

9. Violent exercise very soon after a full meal is injurious, but gentle exercise promotes digestion.—Sleep soon after a meal is better avoided.

10. Strong mental exercise, and emotions of the mind, as grief, anger, fear, &c., particularly with a full stomach, tend to impair digestion.

Remarks on Consumption.

The foundation of this most formidable disease is usually laid before birth. It is admitted on all hands that it is seldom cured. There are, however, exceptions to this rule. Just as ulcers heal in any part of the body, so they sometimes do in the lungs. As yet, comparatively but little has been attempted in the treatment of this disease by means of water-cure. Priessnitz has had all that he could do with more favorable cases than those in consumption. To a person in an advanced stage of this disease he would say something to this effect, “You cannot expect to be cured by any means; but by the proper use of water, with suitable attention to air, exercise, clothing and diet, you can be much benefitted.—Your life can be prolonged, and rendered more comfortable.”

Dr. Billing, senior physieian to the London Hospital, a man of experience second to few, if any, in speaking of consumption, says, "some years ago, a gentleman by the name of Stewart adopted a rational mode of treatment, with which he had considerable success; but because he could not work miraeles, his plan was unjustly depreciated. His method was entirely tonic, and *especially the cautious use of cold and tepid ablutions of the skin*, a modification of cold bathing—a remedy which is found so *universally beneficial in promoting the resolution (cure) of strumous (scrofulous) tumors.*"

"One thing of which I am convinced," says Dr. B., "is, that the true principle of treating *consumption* is to support the patient's strength to the utmost." This can best be done by water-cure. All will agree that the means used in the treatment by water are very powerful to promote strength, if the patient can bear such treatment. But the treatment, we contend, can be managed with perfect safety, even to the last hour of life; *and will always positively do some good, and no harm*, when rightly used, which is more than any one can claim for drugs. The action of drugs is always doubtful, and sometimes dangerous, and every dose, however small, acts only by virtue of its power to produce diseased action in the body. Furthermore, the indication of treatment is the same in all cases of the disease in question, and for all others that are not unfrequently mistaken for it; that is, to support the strength to the greatest possible degree. It is true, different cases always have different symptoms, so that the treatment must be varied accordingly; but it is the right way to support the strength by all possible means, so that the system may be better able to resist the disease.

In the early stages of this disease, much can be done by way of preventing an increase of its symptoms. All the daily and hourly circumstances which go to affect the health should be most scrupulously attended to. The strictest regularity and correctness in meals, bathing, exercise in pure air, sleep, &c. &c., if rigidly observed, will be found to prove highly salutary. But all this requires knowledge possessed by few. It is very common for persons in this disease to be greatly injured by the food they take. Even in the advanced stages of the disease, persons are told that die they must, and that it matters little what kind of food they take. It is not uncommon to find persons in the far advanced stages of this disease indulging freely in the use of rich pastry, and toast well saturated with butter, one of the worst dishes that well persons even can take, and all this is done because the patient has a good appetite, and because the *stomach* does not *appear* to suffer. The disease is concentrated upon and spends its violence in the lungs, so that the stomach cannot feel the injuries it receives; but the lungs and whole body suffer just as much from such improprieties, as if the stomach or any other important part was the seat of disease. In food, *we must always make the weak part the standard of what the system can bear.*

In this disease, as in all others, we believe it better that the patient take no animal food, other than preparations of milk, or cream, which is generally better and less feverish; and these, even, in many cases, it is believed, are better omitted; for they are more feverish and exciting than the mild preparations of farinaceous food.

In the more advanced stages of this disease, the

early morning sweats, which are so weakening, can be much mitigated, if not entirely prevented, by judicious sponging, or wet cloth, rubbing the surface of the body. The hectic fever, which wears down the patient's strength, can also be much relieved. By bandaging and the wet sheets to soothe, great good can also be done to the last.

EXPLANATIONS.

Sweating Blanket.—A mattress, or hard bed, is covered with a number of woolen blankets, which are drawn and packed one by one very closely about the body, so as to retain the warmth. Warm clothes are also piled upon the patient if necessary. If the head be too hot, cooling bandages are to be used upon it, particularly on the forehead and temples. When perspiration begins to come out, drinking water is good to assist it. The person should then have good cool air to breathe. The body must be washed or rubbed with wet cloths always after a sweat. Those who are able take the plunging bath. The wet sheet also sweats, if well applied and continued long enough. This process is sometimes carried to extremes.

Lein-Tuch, or Wet Sheet.—If the object be to reduce the temperature, the wet sheet is changed as fast as it becomes warm, until the body is sufficiently cool. If it is to soothe, warm, or stimulate and sweat, it must be continued longer. If the patient be already too cold, he must not be made more so by the wet sheet. He should be made warm first. The sweating blanket is sometimes well used beforehand for this object.

The wet sheet to soothe, is to be applied, after being wrung out as dry as possible, just as the sweating blanket is; that is, enough warm blankets must be outside of the sheet to keep in the heat, otherwise the effect might be very injurious, like a damp bed; only when there is high fever and a raised temperature, then we do not wrap around the warm blankets, because the body is already too warm.

The wet sheet is made to produce directly opposite results. "If it is changed repeatedly as fast as the patient

becomes warm, as in cases of high fever, almost any amount of heat may be abstracted slowly and gradually from the body. But if the patient remain half an hour, or an hour, the most delicious sensation of warmth and a gentle breathing perspiration are produced, while all pain and uneasiness are removed. It produces all the soothing influences upon the *entire* system which are produced by a *common poultice* on an *inflamed surface*.

It will astonish, beyond measure, those who have never seen the action of the wet sheet, to witness its great power to reduce fever, and to calm and soothe the body, and to produce sleep. Where patients have been for days and nights deprived of rest, the most soothing and refreshing effect can be easily produced, and sleep be obtained when all other known means have failed. It has been well said, that if a person has had the misfortune to contemplate suicide, the application of the wet sheet will be sure to change his mind in half an hour.

Bandages or *Umschlags*, for a great variety of purposes, are made to produce precisely the same effects upon any *part* of the body as the wet sheet upon the *whole* body.

The Douche.—This consists of a stream of water of any required size and height, and can be made to produce a most powerful influence upon the system. It should be used with great caution. Priessnitz cures dogs of hydrophobia by douching during the paroxysm, and then covering them to sweat. It is most excellent for the raving maniac and for those in delirium tremens.

Injections, or Clysters.—These, of pure water only, are very useful in many cases. Let those who are obliged to take cathartic medicine try water, and see which is best.

Sitz, or Sitting Bath.—A small ordinary washing tub, 16 or 18 inches in diameter, is good enough for a bath of this kind. The water is generally 2 or 3 to 5 inches deep. During this bath the body should not be exposed to cold; only the part to be exposed to the action of the water should be uncovered. For headaches, giddiness, too much blood and heat in the head, for strengthening the nerves, relieving flatulency, for piles, hæmorrhoids, and for strengthening the organs of digestion, this kind of bath is most excellent. Foot baths are sometimes taken at the same time. This bath is continued from a few minutes to two or three hours, as the case may be. It should not be taken generally on a full stomach.

Head Bath.—A cheap shallow wooden bowl is as good as any thing for this bath. A groove may be rounded on one side for the neck. The person can lie upon a rug or quilt, spread upon the floor, or nothing, as he pleases. This bath is good for all kinds of pains in the head, inflammations in the eyes, deafness, loss of smell and taste. It is good also to prevent or drive away too much blood in the head. For this it is only taken a few minutes. The sides and back of the head are alternately placed in the water. It may be taken a full hour for old chronic complaints.

Half Bath.—This can be taken in any kind of vessel large enough for the purpose. Much friction should be used while in the bath. It can be taken by those who are not able to bear the full bath.

Plunging Bath.—This is taken any where, if there is water enough to plunge in. It is used more frequently after sweating. In general it should be taken very quickly, so as not to become too much chilled. Many are not able at first to bear this bath.

Abreibung, or Rubbing Wet Sheet.—A coarse sheet is slightly wrung out and thrown about the naked person, and the body rubbed briskly all over, 4 or 5 minutes, till there is a pleasant glow. Then, with a dry coarse sheet or towels, the body is made dry. This is a mild and very excellent bath.



Conclusion.

This little collection of cases has not been made with an idea of giving any thing like a complete view of the water system. It is believed, however, that such a work, in a cheap form, will be useful. Those who care to examine the subject more at large, are referred to a work entitled "Hydropathy, or the Water-Cure." The "Hand-Book of Hydropathy" contains, also, a good view of the treatment. "Water-Cure for Ladies" is a work highly spoken of.

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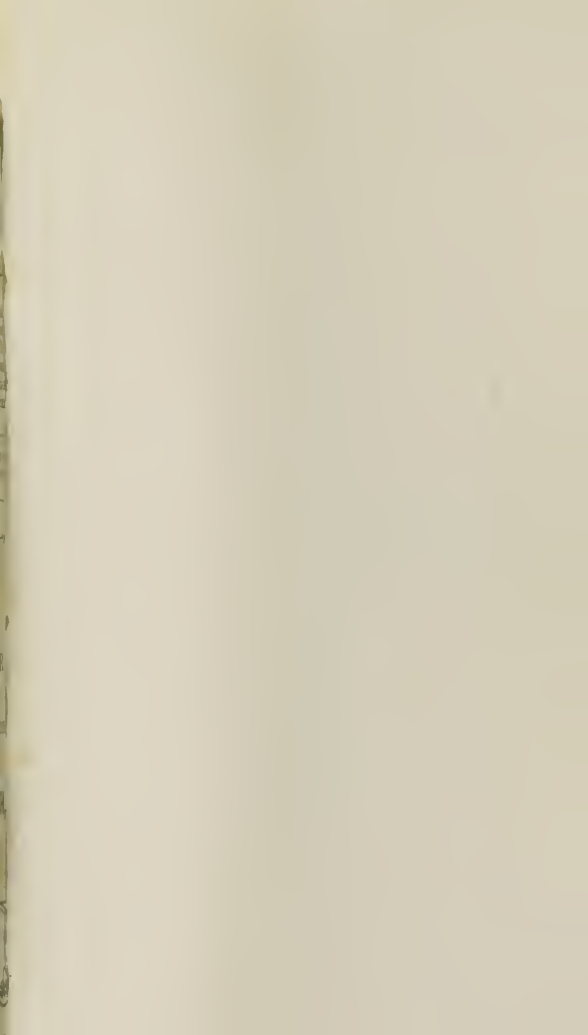
BATHING, IN ITS VARIOUS FORMS, ATTENTION TO DIET,
DRINKS, AIR, EXERCISE, CLEANLINESS,
AND CLOTHING,

AS AFFECTING BODILY AND MENTAL HEALTH,

JOEL SHEW, M. D., } EDITORS.
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